



Crust-Free PB Sandwiches

Servings 2 | Prep time 5 mins | Total time 5 mins.

Equipment: Rolling pin, Large cup or small bowl (about 4-inches wide)

Utensils: Knife, Fork, Measuring cups and spoons

Ingredients

4 slices whole wheat bread

4 teaspoons peanut butter OR (nut or seed) butter

1 banana, sliced

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and fruit.
2. With a rolling pin or large cup, roll out the 4 slices of bread to flatten.
3. Using a large cup, press the open end of the cup into the center of each piece of bread to cut out a circle.
4. On one slice of bread, spread peanut butter, nut butter, or nut butter alternative.
5. Arrange banana slices on top of peanut butter, in the center of the bread.
6. Cover banana with the other bread circle.
7. Pinch the edges of the bread together. Seal edges by pressing a fork all the way around the bread circle until the edges are completely pressed together.

Nutritional Information:

Calories 180

Total Fat 4g

Sodium 190mg

Total Carbs 30g

Protein 6g