

Ingredients:

1 green apple, thinly sliced
1 banana, thinly sliced
2 slices whole wheat bread
2 tablespoon peanut butter
1 tablespoon maple syrup (optional)
Cinnamon

Peanut Butter and Fruit Sandwiches

Directions:

1. Wash hands with warm water and soap.
2. Wash apple. Cut the apple and take out the seeds.
3. Slice the apple and banana into thin slices.
4. Toast the bread.
5. Spread the peanut butter on both slices of bread.
6. Layer the fruits.
7. Pour on the maple syrup.
8. Sprinkle with cinnamon.

Nutrition Facts (Per Serving)

Nutrition information per serving: Calories, 281; Carbohydrates, 46 g; Protein, 7.9 g; Total Fat, 9.37 g; Saturated Fat, 1.86 g; Trans Fat, 0.02 g; Cholesterol, 0 mg; Fiber, 7.5 g; Total Sugars, 21.5 g; Sodium, 197 mg; Calcium, 75 mg; Folate, 28.5 mcg; Iron, 1.19 mg; Calories from Fat, 30%

Courtesy of What Should I Eat for Breakfast Today

Makes 2 servings, 1/2 sandwich each.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by

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