

PB&J Crust-Free Sandwich

Prep Time

5 mins

Total Time

15 mins

Servings

2

Cooking Tools

Measuring spoons

Sharp knife

2 spoons

1 fork

Drinking glass

Ingredients

4 slices whole wheat bread

1 tbsp peanut butter

1 tbsp jelly



Instructions

1. Stack two pieces of bread and, using a drinking glass, cut a circle out of the bread.
2. Discard the outer portion of the bread.
3. Using a spoon, create an indentation in the middle of each circle of bread.
4. Spoon 1 tbsp each of jelly and PB into the indentation of one circle of bread.
5. Place the other circle of bread on top to cover the PB and J.
6. Using a fork, press the edges of the sandwich to seal the sandwich.
7. Enjoy immediately, or freeze to enjoy later!



Food Fact

Let's get real, grains, such as bread, are a large part of our daily life. We are encouraged by MyPlate and the Dietary Guidelines for Americans to consume about 5-8 oz of grains per day (for school-aged youth) and 6-8 oz per day (for adults). However, it is also important to make at least half of the grains you consume whole grains. Whole wheat and whole grain breads contain fiber and many vitamins that support your body and make you feel full.

**Scan the QR code to cook along with
Shayla and her son, Wayland!**

Food fact from: www.eatfresh.org/discover-foods/breads-tortillas
www.spendsmart.extension.iastate.edu/shop/aisle-by-aisle/grains

