PB & B

Time: 2 min
Servings: 1

Ingredients:

• 2 slices whole wheat bread
• 1 banana, sliced
• 2 TB all natural peanut butter
  (ingredients: peanuts- that’s all!)

Directions:

• Spread peanut butter on to bread
• Place banana slices on top of peanut butter
• Close sandwich and enjoy!

Did you know? This sandwich tastes delicious when it’s warm! Try toasting the bread or putting it in a panini press before eating. You could also mix it up by substituting the peanut butter with another kind of nut or seed butter like almond butter and SunButter.

Benefits: Nutritionally, PB & B is an excellent snack or small meal as it provides a perfect balance of carbohydrates, healthy fat, and protein. It contains fiber to keep you full. PB & B is a smart alternative to an energy bar, as it is all natural and less expensive.

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