



## 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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