

Grilled Peanut Butter Banana and Strawberry Sandwich



Ingredients:

- 2 slices whole wheat bread
- 2 tablespoons peanut butter
- 1 banana, sliced
- 2 medium strawberries, sliced

Directions:

1. Heat a skillet or griddle over medium heat and spray with cooking spray.
2. Spread 1 tablespoon of peanut butter on each slice of bread.
3. Place banana and strawberry slices onto the peanut butter side of the bread slices.
4. Press the two slices of bread together.
5. Cook the sandwich until golden brown, about 2 minutes per side.

Makes 1 serving.



Tarrant County Public Health

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