



MEALS

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PEANUT BUTTER APPLE SANDWICH

Move over peanut butter banana sandwich, there's a new peanut butter sandwich in town! The peanut butter apple sandwich has crunchy Red Delicious apples over your favorite peanut butter to turn a simple lunch into an exciting one.

SERVINGS:

1 sandwich

PREP TIME:

2 minutes

COOK TIME:

3 minutes

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☐ ½ Red Delicious apple

☐ 1-2 teaspoons honey

Optional toppings: sprinkle of cinnamon

INSTRUCTIONS:

1. Toast bread, if desired. Slice Red Delicious apple into 4-5 slices, or enough to cover one slice of bread.
2. Spread peanut butter on both slices of bread then top one slice with cut apples. Drizzle honey over apple slices. Place the second slice on top of the apple slices. Cut in half and enjoy immediately or store for later.

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