

Revamped Peanut Butter & Jelly

Looking to get more out of your standard Peanut Butter and Jelly? Make one of the easiest go-to meals even heartier (and tastier)! Adding a few extra calories to a peanut butter and jelly sandwich will help give your body more energy to use throughout the day.

Ingredients:

- 100% Whole wheat bread
- Peanut Butter
- Jelly



Revamp Your Sandwich:

- For extra crunch and sweetness, sprinkle some **honey roasted peanuts** around the inside of the sandwich. (This can also be done with any other type of nut.)
- To get some extra fiber, protein, and heartiness in your sandwich sprinkle some **plain instant oats** on the inside of your sandwich.
- To add potassium and fruit flavor to your sandwich, add slices of **banana** to the sandwich.
- To make a complete breakfast, after making the sandwich, dunk it in a bowl containing beaten **eggs** until the sandwich is covered in egg, and then cook in a frying pan until all of the egg is cooked. Enjoy your PBJ French Toast with a little syrup and a nice glass of OJ!