

PROJECT: GET IT DONE TOGETHER

Chocolate Chip, PB/SB & Banana Sandwiches

Dairy free, can be made nut free and gluten free

Ingredients:

- 1/4 cup creamy peanut butter or sun butter
- 2 tablespoons honey
- 1/4 teaspoon ground cinnamon
- 2 tablespoons miniature semisweet chocolate chips
- 4 slices whole wheat bread
- 1 medium banana, thinly sliced

Instructions:

1. Mix peanut butter, honey and cinnamon; stir in chocolate chips.
2. Spread over bread.
3. Layer two bread slices with banana slices; top with remaining bread. If desired, cut into shapes using cookie cutters.

Makes 2 servings

Total time: 10 minutes

Nutrition Information per serving:

1 sandwich: 502 calories, 22g fat (6g saturated fat), 0 cholesterol, 394mg sodium, 69g carbohydrate (36g sugars, 7g fiber), 15g protein.

