

# Grilled Peanut Butter and Banana Sandwich

<u>Code</u>
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## Ingredients Needed:

- Cooking spray
- 2 Tbsp. Peanut Butter
- 2 slices whole-wheat bread
- 1 banana, sliced



<u>Nutrition Facts:</u>	
Yield	1 serving
Calories	438
Total Fat	19 g
Sat Fat	3.5 g
Sodium	383 mg
Added Sugar	4 g
Fiber	9 g
Vitamin A	54% DV
Vitamin C	13% DV
Vitamin E	93% DV
Potassium	17% DV
Iron	39% DV

## Recipe Directions:

- Heat a skillet over medium heat and coat with cooking spray.
- Spread 1 Tbsp. peanut butter onto each slice of bread.
- Place banana slices onto the peanut buttered side of one slice, top with the other slice and press firmly together.
- Fry the sandwich until golden brown on each side, about two minutes.