

Quick Start: Peanut Butter and Jelly Sandwich

A peanut butter and jelly sandwich (PBJ) is a quick and delicious snack. Whether you're new in the kitchen or just looking for a treat, this classic creation combines creamy peanut butter and delicious jelly on soft bread, making it the ideal balance of salty and sweet.

This short guide will walk you through the following:

- [Creating a PBJ](#)
- [Eating a PBJ](#)

Requirements

- Peanut butter
- Jelly or fruit spread (jams, preserves and marmalades are acceptable)
- Bread (two slices)
- Plate
- Knife
- Spoon
- (optional) Toaster
- (optional) Fruit or other toppings

Creating a PBJ

Do the following to create a PBJ:

1. (optional) Toast the bread:
 - a. Place the toaster on a level surface.
 - b. Plug the toaster into an outlet.
 - c. Place one slice of bread into each toasting slot on the toaster:



d. Push the plunger down until it latches.

Note: Make sure you set the desired level of toasting.

2. Place the bread slices on a plate, with the slices side-by-side facing up:



3. Use the knife to spread peanut butter on one slice of bread:



4. Use the spoon to spread the jelly or fruit spread on the second slice of bread:



5. (optional) Add the fruit or other toppings on either slice of bread.
6. Combine the slices of bread so that only the sides to which toppings have been added come together:



Your PBJ has been created!

Eating a PBJ

Do the following to eat a PBJ:

1. Using the knife, cut the PBJ in half. You can cut it through the middle vertically, horizontally, or you can cut the sandwich diagonally:



2. Add garnish as desired, for example, potato chips or fruit.
3. Gather a napkin, a glass of milk, and a comfortable chair in front of the TV.
4. Eat the PBJ:



Note: This process can be repeated as many times as necessary until satiated.