



## Whole wheat Paneer Almond Sandwich ( WG )

Serving: 1

Veg

### *Ingredients*

- -Multigrain bread slices – 4, edges trimmed
- -Almonds – 12
- -Sweetened peanut butter – 2 tbsp
- -Paneer – 100gm, crumbled
- -Hershey's cocoa powder – 2 tbsp
- -Butter – 2 tbsp, melted

### *Preparation Method*

- -Heat a non-stick pan on medium to high heat.
- -Grease the pan with 1 tsp melted butter.
- -Place two bread slices on the pan and toast until both sides turn crisp and brown. Sprinkle butter now and then.
- -Repeat with rest of the bread slices as well.
- -Add  $\frac{1}{2}$  tbsp of butter to a small pan and allow it to just heat up.
- -Add almonds to heated butter and roast on low to medium flame.
- -Add the cocoa powder with the peanut butter and mix well until well combined.
- -Divide the mixture into 4 equal portions.
- -Apply and spread one portion each of the mixture on each of the bread slices.
- -Halve the cottage cheese mixture and sprinkle on two of the bread slices.
- -Halve the almonds and sprinkle on the top of the cheese.
- -Cover these slices with the slices spread with peanut butter.
- -Serve immediately milk.