

Peanut Butter and Jelly Sandwich Recipe

Introduction

A peanut butter and jelly sandwich, commonly referred to as a PB&J sandwich, is a quick and easy snack that you can prepare with just three ingredients: bread, peanut butter and jelly. This article will guide you through the process of preparing this sandwich so you can enjoy it and introduce it to your friends and family too! Making PB&J sandwich is a safe way to introduce your kids to making food as it does not involve application of heat.



Ingredients and tools

Let us now take a look at the ingredients and tools that you will need in order to prepare this sandwich.

Ingredients

- **A loaf of sandwich bread.**

Note: While the classic PB&J is made of plain white bread, other choices such as bread made of whole grains or whole wheat flour work well too.

- **A jar of peanut butter.**

Note: Peanut butter is usually available in 2 textures – smooth or crunchy. While the crunchy contains small chunks of peanuts to give it a little crunch, the smooth version is fully pasty. If you are unsure, start with the smooth variety as it is easier to apply. Popular brands of peanut butter such as Jif, Skippy or other store brand (Walmart, Kroger, Target, etc.) varieties usually contain added sugar. As the jelly will already contain sugar, you may look for peanut without added sugar in case you are watching your added sugar intake. Costco brand organic peanut butter does not have added sugar.

- **A jar of jelly.** The classic PB&J is typically made with grape jelly; however, strawberries or mixed fruit jellies work well too! Any brand such as Welch's or other store brands (Walmart, Kroger, Target, etc.) will do. *Note: If you want to avoid high fructose corn syrup, look for "Natural" or "No high fructose corn syrup" variants that contain regular sugar.*

Tools required:

- A large plate
- A butter knife
- Two tablespoons
- Paper towels to clean up crumbs and mess

Instructions

1. Take out two slices of bread from the loaf and place them flat and side by side on the plate.
2. Unscrew the jar of peanut butter and using a clean and dry tablespoon scoop out one tablespoon of peanut butter and transfer the peanut butter from the spoon to one of the slices.
3. While holding the slice with peanut butter with one hand, use the butter knife to apply the peanut butter on this slice so its entire surface is evenly coated with peanut butter.

4. Place this slice of bread and the butter knife back on the plate. Make sure the surface with peanut butter is facing up.
5. Unscrew the jelly jar, and using the other clean and dry tablespoon, scoop out one tablespoon of jelly from the jar.
6. Repeat the same procedure that was used to apply the peanut butter to make sure the slice with the jelly is evenly coated with jelly.
7. Now, with the jelly side facing down place this slice on the first slice of bread so that the jelly faces the peanut butter.
8. Voila! Your peanut butter sandwich is ready.
9. You can either cut the sandwich diagonally using the knife to make triangles or enjoy eating it whole as it is. Some people also cut the sandwich length wise to make rectangles.

Optional Variations

- In case you or anyone you are making the sandwich for is allergic to peanuts, you could try making this sandwich by replacing the peanut butter with a butter made from either almonds, or cashews, or walnuts or tahini. If you want to avoid nuts altogether, try using coconut butter or chickpea butter.
- Instead of eating the sandwich plain/toasted, once the sandwich is ready, you could grill it to get a crispy sandwich with a soft interior!
- Fill the sandwich with sliced bananas or other soft fruits of your choice to make a great tasting and fulfilling snack.
- You could also try making this sandwich with different varieties of bread, or even flour tortillas to get different tastes each time.

Conclusion

I hope you enjoyed learning to prepare the classic peanut butter and jelly sandwich, and it becomes a staple in your list of snacks just like it is in mine. This sandwich is best eaten when it is freshly prepared. So, dig in and enjoy!