

# Recipe

## Peanut Butter and Apple Sandwich

Prep Time: 2 mins

Total Time: 2 mins

### Ingredients

2 slices whole wheat bread

1 tablespoon peanut butter, or to taste

1 small apple - peeled, cored, and shredded

### Directions

#### Step 1

Spread a thin layer of peanut butter onto one side of each slice of bread. Place the shredded apple onto the peanut butter, and place the other peanut-buttered side of bread on top. Serve immediately.

### Nutrition Facts

Per serving: 291 calories;

total fat 10g;

saturated fat 2g;

sodium 344mg;

total carbohydrate 41g;

dietary fiber 7g;

total sugars 16g;

protein 12g;

vitamin c 5mg;

calcium 74mg;

iron 2mg;

potassium 360mg