## Recipe

## **Grilled Peanut Butter and Banana Sandwich**

Prep Time: 5 mins Cook Time: 5 mins Total Time: 10 mins

Ingredients
2 tablespoons peanut butter
2 slices whole wheat bread
1 medium banana, sliced
cooking spray

## **Directions**

Step 1 Spread 1 tablespoon of peanut butter onto one piece of bread and arrange banana slices over top. Spread the remaining peanut butter onto the second piece of bread, then invert and place over bananas; press firmly.

Step 2 Spray a skillet with cooking spray and heat over medium heat. Place the sandwich onto the hot skillet and cook until golden brown, 2 to 3 minutes per side.

Nutrition Facts
Per serving: 437 calories;
total fat 19g;
saturated fat 4g;
sodium 422mg;
total carbohydrate 57g;
dietary fiber 9g;
total sugars
21g;
protein 17g;
vitamin c 10mg;
calcium 81mg;
iron 2mg;
potassium 774mg