**PBJ DOCUMENTATION**

The peanut butter and jelly sandwich or the peanut butter and jam sandwich (affectionately called a PB&J) is a tasty American staple and makes a quick, easy lunch or [snack](https://www.wikihow.com/Choose-Healthy-Snacks). You can have it the traditional way or you can get creative put lots of fun, tasty treats in it. See Making a Basic Sandwich to get started with your delicious sandwich!



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**Fig1. A Traditional PBJ sandwich**

The following is the process for making a Peanut-Butter-Jelly/Peanut-Butter-Jam sandwich just like the picture above:

**Time Taken:**

2 mins

**Serves:**

1 person

**Miscellaneous items:**

2 Butter-knives (1 for peanut butter, 1 for jelly) , 1 plate

**Ingredients:**

|  |  |
| --- | --- |
| ITEM | QUANTITY |
| Bread | 2 slices per person |
| Peanut butter | As required (2 tablespoons preferred) |
| Jelly or Jam (Any flavour of your choice) | As required (1 tablespoon preferred) |
| Butter | As required (1 tablespoon preferred) |

**Nutritional Value:**

A sandwich made from 2 tablespoons of peanut butter, 1 tablespoon of any flavor of jelly and two slices of white bread has 376 calories, 13 grams of protein and 3.5 grams of dietary fiber

**Directions:**

1. **Collect your ingredients:**

* You will need the specified quantity of peanut butter, jelly, and bread. Butter can enhance the flavour of the sandwich, so apply butter on one side of each bread slice. There are lots of different kinds of bread and spreads to choose from, so you'll have to do a little experimenting to know what you like.
* Peanut butter has lots of types. It usually comes with lots of added sugar and partially hydrogenated oils that are bad for your health. If you are worried for your health and prefer a healthier option, try using organic peanut butter.
* You can use any flavours from of jam or jellies. The two most commonly used are strawberry and grape.
* You can choose from a wide variety of bread like multigrain, gluten-free, wheat, honey-wheat, oat and more. For a healthier option, it is preferable to use the whole wheat bread.

1. **Take two slices of bread**

* Open your bread bag and grab two slices of bread if you wish to serve one person.

1. **Apply Peanut butter**

* Open your jar of peanut butter and stir your peanut butter beforehand to soften it and make it easier to spread on the bread slice. The quantity needs to be enough to spread evenly on the slice of bread. You'll decide how much peanut butter you want, but for a balanced taste of your sandwich it is advisable to go a little light on the peanut butter, otherwise it will get everywhere before you get to eat it.
* Another tip for spreading peanut butter, especially the kind with peanuts in it, is to put some of the peanut butter in a bowl and microwave it on high for about 20 seconds. It will spread on the bread like soft butter.
* If you do use butter, you'll put the butter on the same slice of bread as the peanut butter, before you put the peanut butter on.

1. **Apply Jelly or Jam**

* Like the steps mentioned above, open your jar of jam or jelly and stir it beforehand to soften it and make it easier to spread on the bread slice. The quantity needs to be enough to spread evenly on the slice of bread. Again, you can have as much quantity of jam as you like but an overwhelming quantity of jam might affect the taste of your sandwich.

1. **Press the two slices of bread**

* Although this step may seem easy, it can get tricky and a little messy if you have applied overwhelming quantity of peanut butter or jam. To avoid the mess, the best approach is to take the slice of bread with jam applied to it and place it gently on top of the slice of bread with peanut butter. Make sure that you press the slices in such a way that both, the jam and the peanut butter are facing each other.

1. **Cut the sandwich**

* This may seem like an optional step. You can have the sandwich as it is without having to cut it into slices. But, if you wish to cut your sandwich into pieces, you can either cut the sandwich diagonally to get two triangular pieces or you can cut directly across the sandwich to give you two rectangular pieces.
* Decide how many pieces you want to cut your sandwich in based on whether you want to eat the sandwich right away or based on the size of your tiffin/container if you do not wish to eat right away.

**Diagrammatic representation of process:**

**Fig2. Process flow of making a PBJ Sandwich**

**Extra Information:**

There are several ways for getting creative with you PBJ Sandwich. Here are some that you can try:

1. **Grilling your sandwich.** Follow steps 1 to 5 and then grill your slices on the pan. Then proceed to step 5.
2. **Adding more sweetness.** Follow steps 1 to 4. You can then add more sugar to your sandwich by using ingredients like honey, cut slices of banana, etc. Then proceed to step 5 and 6.
3. **Toasting the bread.** Before step 3, toast your bread in a toaster and then proceed to step 4 until step 6.
4. **Combinations**. You can go an extra mile by combining the ways mentioned above. For example, you can Add more sweetness as well as toast the bread or add more sweetness and grill the bread.