

Peanut Butter and Jelly Sandwich

Ingredients

- 2 slices of bread (white, wheat, or your preference)
- 2-3 tablespoons peanut butter (smooth or crunchy)
- 1-2 tablespoons jelly or jam (grape, strawberry, or your favorite)
- Optional: butter for spreading

Equipment

- Knife for spreading
- Plate
- Optional: toaster

Instructions

1. Prepare the bread: If desired, lightly toast the bread slices until golden brown. Let cool slightly.
2. Spread peanut butter: Using a knife, spread peanut butter evenly on one slice of bread, covering from edge to edge.
3. Add jelly: Spread jelly or jam on the other slice of bread. Use a clean knife or wipe the knife clean to avoid mixing flavors.
4. Assemble: Place the two slices together with the peanut butter and jelly sides facing each other.
5. Cut (optional): Cut the sandwich diagonally or straight across the middle if desired.
6. Serve: Place on a plate and enjoy immediately.

Variations

- Grilled PB&J: Butter the outside of the sandwich and cook in a pan like grilled cheese
- Elvis style: Add sliced bananas between the peanut butter and jelly
- Crunchy twist: Add granola or crushed nuts for extra texture
- Different spreads: Try almond butter, sunflower seed butter, or other nut/seed butters

Tips

- Warm the peanut butter slightly if it's too thick to spread easily
- Choose complementary flavors (grape jelly with crunchy peanut butter is classic)

- For less mess, spread jelly in the center and let the peanut butter create a "barrier"

Preparation Time: 3-5 minutes

Difficulty: Beginner

Serves: 1