**PBJ Documentation**

**Ingredients/Materials Required:**

* Two slices of bread
* A container of peanut butter
* A container of jelly (or jam)
* Two butter knives
* A flat surface (cutting board, table etc.)

Following are the steps on how to make a peanut butter and jelly (or jam) sandwich:

1. Take two slices of bread and lay them down flat, side by side on a flat surface.
2. Open the container of peanut butter (usually by unscrewing the lid anti-clockwise) and place it beside the two slices of bread on the surface.
3. Take a butter knife in your dominant hand and the opened container of peanut butter in the other. Use the butter knife to take out a portion of peanut butter large enough to cover one side of a slice of bread when spread across it.
4. Put the container of peanut butter back on the surface while still holding the butter knife in your dominant hand. Keep one slice of bread in your non-dominant hand and apply the peanut butter with the butter knife on the slice of bread as evenly as possible. Spread peanut butter till one side of the bread slice is covered. Use more peanut butter from the container if required.
5. Place the slice of bread (one side covered with peanut butter) and the butter knife back on the surface.
6. Open the container of jelly (usually by unscrewing the lid anti-clockwise) and place it on the flat surface beside the slices of bread.
7. Take the other butter knife (the unused one) in your dominant hand and the container of jelly in the other. Use the butter knife to scoop a portion of jelly large enough to cover one side of a slice of bread when spread across it.
8. Put the container of jelly back on the surface while still holding the butter knife in your dominant hand. Take the other slice of bread (one which doesn’t have peanut butter applied on it) in your non-dominant hand and apply the jelly with the butter knife as evenly as possible. Spread jelly till one side of the bread slice is covered. Use more jelly from the container if required.
9. Place the slice of bread and the butter knife back on the surface.
10. Now take the jelly covered slice of bread (jelly side up) in one hand and the peanut butter covered slice of bread (peanut butter side up) in the other hand.
11. Place the two slices together with peanut butter and jelly facing inwards. Make sure the two slices of bread are aligned and press down slightly.
12. Congratulations, you should now be holding a ready-to-eat peanut butter jelly sandwich in your hands.

Word Count: 454