**PROCESS DOCUMENTATION FOR PB&J SANDWICH**

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**Ingredients and Tools required**

1. Sliced Bread (of your choice)
2. Peanut Butter Jar (of your choice)
3. Jelly or Jam Jar (of your choice)
4. Box of Ritz Crackers or any salted biscuit
5. 1 Butter Knife
6. 1 Cutting Knife
7. 1 Plate (for serving)
8. Clean counter top for making the sandwich

**Step by Step Procedure to make a PB&J**

1. Take out two slices of bread from the packet and place it on the clean counter.
2. If the peanut butter if too hard and cannot be taken out easily, heat it in the microwave for the 15 seconds. If it is not too hard, go to step 3 directly.
3. Open the peanut butter jar and stir the peanut butter lightly with the help of a clean butter knife. Take out some peanut butter from the jar with the help of the butter knife.
4. Spread the peanut butter evenly on one slice of bread and place it on the counter, peanut butter side facing upwards.



**Figure 1 - Spread Peanut Butter on Bread Slice (Stewart, n.d.)**

1. Take two Ritz crackers out from the packet and crush them with your hands into medium sized granules and not too finely.



**Figure 2 - Crushed Ritz Crackers Granules (Janelle, n.d.)**

1. Sprinkle these granules evenly on the bread slice which has the peanut butter on it. These granules add a crunchy twist to the traditional PB&J Sandwich. It is *not mandatory* to put these in your sandwich. If you don’t have Ritz Cracker, then you can use any salted biscuit available.



**Figure 3 - Bread with peanut butter and crushed Ritz crackers granules (Cleobuttera et al., 2014)**

1. Wash and wipe the butter knife clean so that there is no peanut butter residue on it.
2. Repeat steps 2 and 3 with Jelly or Jam instead of peanut butter.



**Figure 4 - Spread Jelly/Jam on Bread Slice (Br, 2016)**

1. Place the bread slice with Jelly/Jam on the palm of one hand and the other slice containing the peanut butter and Ritz crackers (or salted biscuit crumbs) granules on the other. Press the bread slice with the Jam/Jelly on the other one quickly such that both the Jam/Jelly side and the peanut butter side are in contact with each other.
2. Once you have put the two slices together, place it on the counter top.
3. Cut the sandwich with the help of a clean cutting knife and put it on a plate. It is ready to be served.



**Figure 5 - PB&J Sandwich (Hamster, 2008)**

**Note:**

1. Be careful while using sharp objects such as a knife. If children are making the sandwich, please take help of an adult for cutting the sandwich.
2. Please read all the ingredients on the peanut butter jar, jelly/jam jar and the biscuit being used to ensure there are no allergies to any of those ingredients.
3. To contact the author of the document you can send an email to the ID mentioned in the header of the document.

**Word Count -** 374 words

**References**

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2. Janelle. New England baked cod with Ritz cracker Crumbs. Retrieved October 26, 2016, from http://thechicbrulee.com/2013/07/25/new-england-baked-cod-with-ritz-cracker-crumbs/
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5. Hamster, I. (2008). How to make the best PB+J ever with a CRUNCH! Retrieved October 26, 2016, from http://www.instructables.com/id/How-To-make-the-best-PBJ-ever-with-a-CRUNCH/