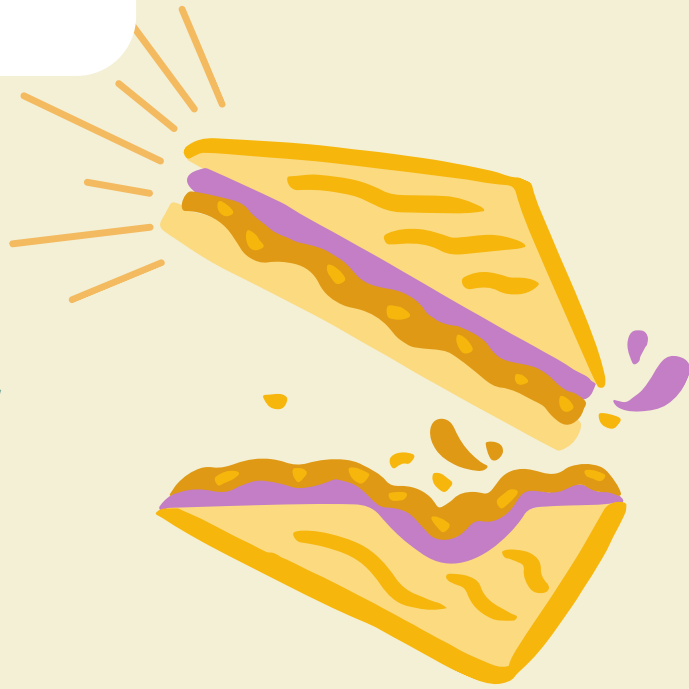


The Perfect PB&J

What is a PB&J?

The PB&J, officially known as the peanut butter and jelly sandwich, is a staple food in American households. Traditionally, it is made up of nothing but peanut butter, jelly, and bread.



Best ingredients

Many chefs and home cooks recommend using white bread to craft your PB&J. Additionally, they recommend using homemade bread and peanut butter. Also, some may choose between grape and strawberry jelly.



Popular Substitutes & Variations

Some people choose to change up their PBJ's ingredients. Take, for example, the Fluffernutter, which is peanut butter and marshmallow creme (fluff). Or some people choose to toast their bread in advance. Other ingredients one may include are bananas or chocolate chips.



Nutritional Value

The traditional PB&J, when made with grape jelly, contains 390 calories, 12g of protein, and 18g of sugar. Even though this sandwich is not regarded as unhealthy, there are ways to make it healthier. Nutritionists recommend making a PB&J with low-sugar jelly or a banana instead. They also recommend using natural peanut butter or sunflower seed butter if you're allergic.

