

How to make a Peanut Butter and Jelly Sandwich?

The peanut butter and jelly sandwich (PB&J) is quite popular in America, it is easy to make, and delicious. If you are interested in making a PBJ sandwich, but you do not know how to do, do not worry, in this document, we will show you how to make a tradition PBJ sandwich step by step.

● Before starting:

You need to prepare the following ingredients:

- a. Bread. (White bread or Whole wheat bread, depends on your favorite)

Usually two slices per sandwich

- b. Peanut butter
- c. Strawberry jam
- d. Unsalted butter

Tools you may want to use:

- a. Bread toaster (if you want to toast bread)
- b. A table knife and a spoon
- c. A beautiful dinner plate or a lunchbox

● Making a sandwich:

1. Cut your bread into slices. Put two slices of bread on a plate. If you want to toast your bread, using the toaster, that will give your sandwich a little more crunch and taste.



2. If you like to use the butter, you need to put the butter on the same slice of bread before you put the peanut butter on. Spread butter evenly onto the slice of bread by using a table knife.
Or just to stir peanut butter beforehand to soften it, then spread peanut butter evenly onto the slice of bread by using a table knife. You decide how much butter and peanut butter you want.



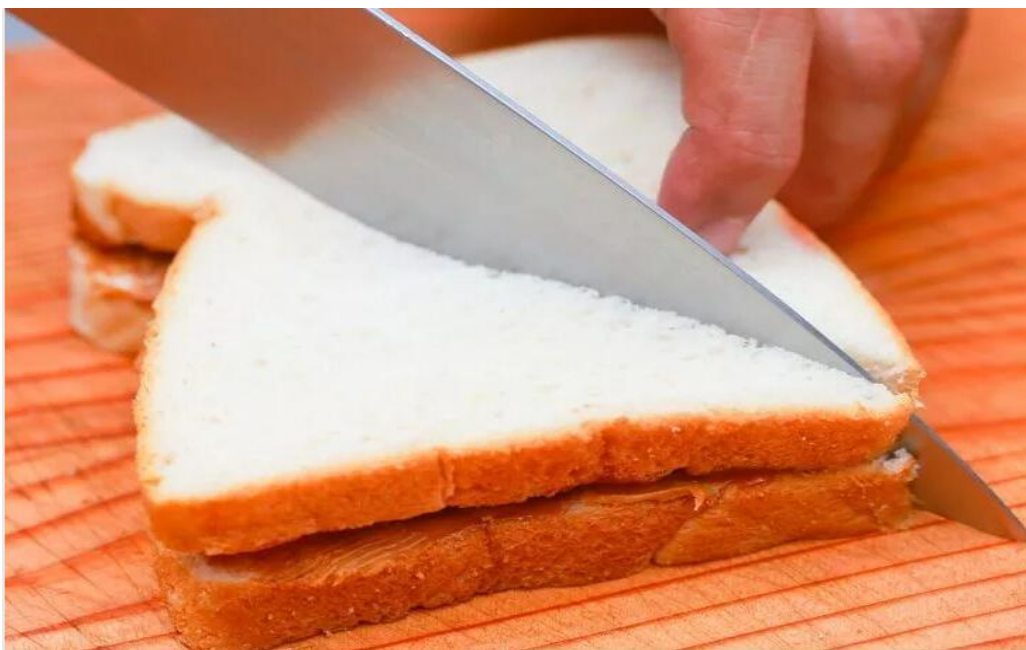
3. Spread strawberry jam evenly onto another slice of bread by using a table knife.



4. Press the two slices of bread together. To avoid the butter and jam run out, do this quickly!



5. Cut your sandwich from one corner to another, you will get two triangle shaped pieces. Now, enjoy you PB&J sandwich.



- **Tips:**
 - a. Lots of types of peanut butter with lots of added sugar. If you're looking for a healthier option, try an organic peanut butter.
 - b. If you have peanut allergies, a good protein substitute is low-fat cream cheese.
 - c. If you plan to take the sandwich to somewhere, you'll probably want to put a little light on the peanut butter and jam, otherwise they will get everywhere before you eat the sandwich.

Word Count: 372**Reference:**

Making a Basic Sandwich. (WikiHow). Retrieved October 21, 2016, from
<http://www.wikihow.com/Make-a-Peanut-Butter-and-Jelly-Sandwich>