

Open Face Almond Butter & Honey Sandwich

By Healthy Recipe Mom, Shelley, Mother of 2
"Our kids loved this and ask for it frequently."

Equipment: toaster oven or low broiler

Preheat: toaster oven or broiler

Prep Time: less than 5 minutes

Cook Time: 1-2 minutes

Number of Servings: 1

- 2 tsp Almond Butter with Omega 3, or, nut or seed butter of choice.

- 1 slice whole grain or gluten-free bread

Spread almond butter on bread. Place on a pan in the toaster oven or under the broiler for 1-2 minutes or until bubbly.

- 1 tsp raw honey, *Wholesome Sweeteners*, **KKA***

Remove bread from toaster oven and drizzle with honey.

Serve warm! (We added slices of banana on top.)

OPTIONS: Sprinkle with cinnamon, nutmeg or pumpkin pie spice. Try spelt bread or sprouted grain bread. Also, try adding banana or other fruit slices on top. You can even broil it with the fruit toppings!

4+ God-made Food Colors: tan, brown, golden, yellow + other fruit colors of choice

5 Food Groups: EFAs (essential fatty acids), whole grains, nuts/seeds, fruit, sweet.

PERFORMANCE RATING: 4+/5

Open face sandwiches offers variety, less bread than needed, and cuts your bread budget in half! A 4+/5 Performance Rating is solid for a lunch or snack. Hot or cold, your kids will love these - as did the Kid Critics!

***KKA** means awarded the Kid Critics Approved Seal

Please FORWARD this to your Mom friends!