

PeanutButter HoneyCinnamon Sandwich

2 slices bread, Wheat/Oat, Rudi's

2 Tbsp Peanut Butter, creamy,

Once Again Nut Butter

Spread peanut butter evenly over one side of one slice of bread.

1/8 tsp cinnamon, ground

Sprinkle evenly over peanut butter.

2 tsp honey

Spread evenly over one side of second slice of bread. Place honey covered slice on top of the peanut butter covered slice. Cut into triangles. Serve.

OPTION: Replace peanut butter with almond or seed butters.

3 God-made Food Colors: tan, brown, golden

4 Food Groups: grains, nuts, herbs/spices, sweet.

This sandwich is so easy to make and it is filled with needed nourishment such as protein, fiber, food fats and calcium. Plus it will fill your kid's tummy so they won't be hungry in an hour. And, kids love peanut butter sandwiches!

Kids with nut allergies- try replacing the nut butter with cream cheese. Let us know how you kids like it! .