

Recipe

Peanut Butter and Jelly Sandwiches

By

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Ingredients

1 flour tortilla*
1 piece of whole grains bread
4 slices of red pear
6 blackberries
½ piece of a banana
2 tbsp natural peanut butter
2 tsp raspberry preserve (low sugar is preferred)**
2 strawberries, sliced thinly

Preparation

One way of making a peanut butter & jelly sandwich is to use a tortilla* (or any roti you have) First spread the peanut butter then raspberry preserve. Top with sliced strawberries. Roll the tortilla and cut into half or small pieces.

The standard way of making a peanut butter & jelly sandwich is to toast the bread then spread peanut butter and raspberry preserve. Garnish with slices of pear or banana.

**My personal preference is raspberry preserve. You may use apricot/strawberry preserve or any jelly/jam you have. This used to be the most popular snack served in America, at least at the time when I was working with young children.

Serves

2

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Hare Rama Hare Rama Rama Rama Hare Hare