

Peanut Butter and Apple Sandwich

Oscar · 28/09/2024

**Prep Time**

1

Difficult

Easy

Servings

1 serving

Description

My kids love to spread peanut butter on their apples so one day I thought I would take a favorite of theirs and just tweak it a little bit voila a peanut butter and apple sandwich PB and J can get boring after a while and this provides a healthy alternative

Ingredients

- - 2 slices whole wheat bread - 1 tablespoon peanut butter
- or to taste - 1 small apple - peeled
- cored and shredded

Instructions

1. Spread a thin layer of peanut butter onto one side of each slice of bread. Place shredded apple onto the peanut butter
2. and place the other peanut buttered side of bread on top. Serve immediately.