



5 mins

Snack

Peanut butter and jam sandwich

(Uncooked)

Allergens



RYE



BARLEY



WHEAT



SOYA



NUTS

Utensils



spoon x 2

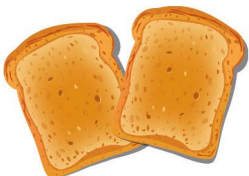


knife x 2



bread knife

You will need...



2 slices
granary bread

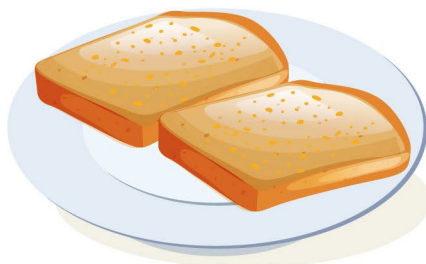


1 Tbsp reduced
sugar strawberry jam

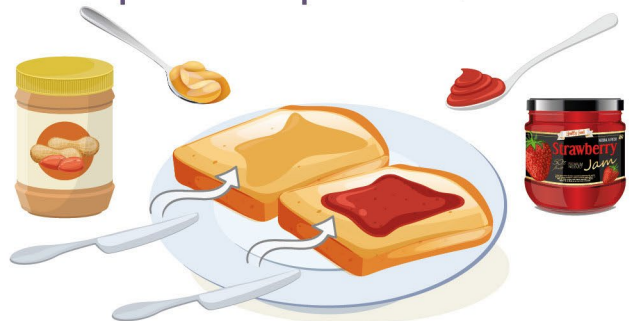


1 Tbsp chunky
peanut butter

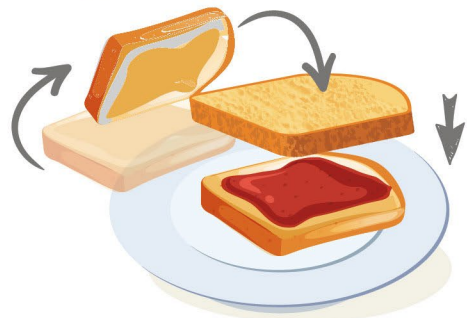
- 1 Take the bread slices and lay on a plate side by side



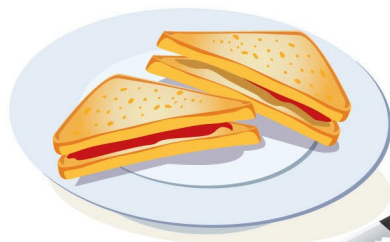
- 2 On one slice of bread, spread the peanut butter all over. On the other slice of bread, spread the jam all over



- 3 Turn the slice of bread with peanut butter over and place on top of the bread with jam



- 4 Chop the sandwich in half with a bread knife



Enjoy your snack



SHARP

