

Recipe for: Peanut Butter & Jelly Sushi

From the kitchen of: Pharr-San Juan-Alamo ISD Child Nutrition Program

Ingredients:

4 Tbsp.—Peanut butter
(sunflower seed butter)

4 Tbsp.---Jelly (low
sugar)-Any flavor

4 Slices—Bread

1- Banana (optional)



Directions:

1. Flatten bread with a roller.
2. Spread 1 Tbsp. of peanut butter over $\frac{3}{4}$ of bread.
3. Then spread jelly over the peanut butter.
4. Roll bread and slice.
5. Repeat for the other 3 slices of bread.
6. Peel and slice banana.
7. Top peanut butter and jelly rolls with slices of bananas slices.
8. Enjoy!

Fun fact about peanut butter - I am a [peanut butter](#) lover. I ate peanut butter and jelly every day for school lunch from first grade until I graduated from high school. I still enjoy the occasional pb&j; sandwich at lunch time, and peanut butter on multi-grain toast is one of my go-to quick breakfasts.

