



Hungry Grilled Graceland Special



Entire recipe: 277 calories, 12g total fat (2.5g sat. fat), 385mg sodium, 39g carbs, 7.5g fiber, 11g sugars, 9g protein

Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

- 1 tbsp. reduced-fat peanut butter, room temperature
- 2 slices light bread
- 1/2 medium banana, thinly sliced
- 1 tbsp. light whipped butter or light buttery spread

Directions

Evenly spread peanut butter onto one slice of bread. Top with banana slices and the other bread slice. Spread the top of the sandwich with 1/2 tbsp. butter.

Bring a skillet sprayed with nonstick spray to medium-high heat. Place sandwich in the skillet with the buttered side down. Spread the top with remaining 1/2 tbsp. butter.

Cook until lightly browned on both sides, about 2 minutes per side. Serve and enjoy!

MAKES 1 SERVING

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