



PB&J Apple Sandwiches



Entire recipe: 168 calories, 8g total fat (1.5g sat. fat), 57mg sodium, 22g carbs, 3.5g fiber, 15.5g sugars, 4g protein

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Prep: 5 minutes



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Ingredients

- 1 medium-large apple
- 1 tbsp. creamy peanut butter
- 1 tbsp. low-sugar grape jelly or strawberry preserves

Directions

Cut four 1/4-inch-thick round slices from the apple.

Spread peanut butter and jelly over two apple slices. Top with remaining apple slices to form the sandwiches.

MAKES 1 SERVING

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