

Pumpkin Peanut butter Sandwich

Ingredients:

- ½ cup 100% pure pumpkin
- ½ cup creamy peanut butter
- 4 slices whole wheat bread
- 1 medium banana, cut into ¼” slices



Nutrition Facts

Serving Size 1 sandwich (151g)
Servings Per Container 2

Amount Per Serving

Calories 300 Calories from Fat 90

% Daily Value*

Total Fat 10g **15%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **14%**

Total Carbohydrate 46g **15%**

Dietary Fiber 11g **44%**

Sugars 15g

Protein 13g

Vitamin A 40% • Vitamin C 8%

Calcium 30% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories:		2,000	2,500
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Total Fat	Less than	65g		80g
Saturated Fat	Less than	20g		25g
Cholesterol	Less than	300mg		300mg
Sodium	Less than	2,400mg		2,400mg
Total Carbohydrate		300g		375g
Dietary Fiber		25g		30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4



Directions:

1. Combine pumpkin and peanut butter in small bowl until well blended.
2. Spread 1 tbsp. mix on each slice. Top one side with banana slice.
3. Top each with second slice of bread to make sandwiches.
4. Refrigerate leftover pumpkin mixture in tightly covered container.