

MINI PEANUT BUTTER SANDWICHES

NON-COOK RECIPE

Enough bread for each student to make 2 mini sandwiches
(see below for bread suggestions)

Peanut butter

Peanut butter "companions", such as sliced bananas,
jelly or jam, honey, raisins, chopped dried apricots,
shredded lettuce, grated carrots, chopped cucumber,
apple slices, pear slices.

Use rubber spatula to empty peanut butter into a bowl for easier access.

Select 3 peanut butter companions and place each in a separate bowl.

Give each child enough bread to make 2 mini sandwiches. If you are using a variety of breads, have each student select 2 different types. Discuss the differences in the styles and flavors of breads and the cultures from which they originate.

Give each student a plastic knife. Instruct them to spread 1 piece with peanut butter, adding a companion of their choice, and top with another piece of bread. Repeat for second sandwich. Ask how students rate the combinations. Which combinations are favorites and why?

Suggested breads:

White, wheat or raisin bread, cut into quarters

Soda crackers

Graham crackers

Mini bagels, cut in half

Pita bread, cut into quarters

Mini rice cakes

Small flour tortillas, cut into quarters

Cocktail-size breads
