



Peanut Butter & Jam Sandwich Recipe





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Recipe Items:	1 Portion	5 Portions
PE Whole Wheat Bread (PE# 21764)	#10 Scoop (95 gm)	475 gm (16.8 oz.)
Peanut Butter (warmed)	1 Tbsp (15 ml)	75 ml (2.6 fl oz)
Raspberry Sauce	2 tsp (10 ml)	50 ml (5 fl oz)

Nutritional analysis presented contains only these ingredients

1 cm chub slice = approx. 40gm,
1" chub slice- approx. 100gm



1. Thaw frozen products in refrigerator for a maximum 48 hrs. Plate #10 scoop (95 gm) of whole wheat bread.

Hot Service - Heat Puree Essentials food to a minimum temperature of 71°C or 160°F.



2. Prepare peanut butter by heating in microwave for 30-45 seconds, or until slightly warm and runny.

3. Top bread with 1 Tbsp (15 ml) of warmed peanut butter.



4. Finish with 2 tsp (10 ml) of raspberry sauce, in a drizzled pattern as shown.



Hot Service - keep Puree Essentials food hot, at a minimum temperature of 66°C or 150°F.

Variations: replace raspberry sauce with other smooth sauces, jams and jellies.

Also suitable as a breakfast item.

Nutrition Facts Valeur nutritive

Per 1 sand (121g) / par 1 sand (121g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 270	
Fat / Lipides 16g	24%
Saturated / satures 3.5g	
+ Trans / trans 0g	19%
Cholesterol / Cholesterol 0mg	
Sodium / Sodium 280mg	12%
Carbohydrate / Glucides 31g	10%
Fibre / Fibres 5g	19%
Sugars / Sucres 14g	
Protein / Proteines 7g	
Vitamin A / Vitamine A	0%
Vitamin C / Vitamine C	0%
Calcium / Calcium	4%
Iron / Fer	10%

