

Peanut Butter and Jelly On a Stick

Peanut butter*

Jelly, Jam or Preserves in your choice of flavor (Strawberry, grape, raspberry, orange marmalade, etc.)

Fruit (Bananas, grapes, strawberries, kiwi, or other softer fruit)

Bread (Wheat, white, rye, raisin)

4-5 wooden skewers about 5-6 inches long

1. Prepare the peanut butter and jelly sandwich by spreading the butter and jelly on the bread.
2. Cut the bread into about 1 inch pieces.
3. Slice the banana; if needed the other fruit.
4. Add a piece of sandwich to the skewer, then a piece of fruit. Continue until the skewer is full.
5. Enjoy with a glass of juice or milk.

* Other types of butter: Sunflower seed butter (brand name-Sun Butter), Tahini which is sesame seed butter, Soybean-nut butter (brand name-Wow Butter), Coconut butter, Pecan butter with cashews, Almond butter with honey and flax seeds, Granola butter, Chocolate-hazelnut butter, No-Nut Butter made from peas, Walnut butter.



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