

Peanut Butter and Cranberry Jelly

- Jellied cranberry sauce from a can is just that – jelly!
- Myplate recommends to “make half of your grains whole”. Serve PBJs on whole grain bread to balance your grain food choices.
- Whole grains have fiber that is good for your digestive system and your heart.
- Peanut butter and other nut butters have healthy fats that help to fill you up and make your heart healthy.
- Store leftover cranberry sauce in the refrigerator in a container with a lid for up to 7 days after opening.
- We tested this PBJ recipe on other Food Bankers and no one could guess that it was cranberry sauce!

Nutrition Facts

1 servings per container

Serving size 1 sandwich (137g)

Amount per serving

Calories 440

% Daily Value*

Total Fat 19g 24%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 55g 20%

Dietary Fiber 2g 7%

Total Sugars 15g

Includes --g Added Sugars --%

Protein 7g

Vitamin D --mcg --%

Calcium 101mg 8%

Iron 3mg 15%

Potassium --mg --%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

PB + Cranberry Jelly

Servings: 1 Prep Time: 5 minutes

Ingredients:

- 2 slices whole grain bread
- 1 Tablespoon jellied cranberry sauce
- 2 Tablespoons natural peanut butter, creamy or crunchy

Directions:

1. If you like toasted bread on your PBJ, toast bread first.
2. To spread you have a few options:
 - Mix peanut butter and jelly together, spread
 - Spread peanut butter on both sides, spread jelly in the middle
 - Spread peanut butter on one side and jelly on the other

Want to get creative with your PBJ? Try these:

- Add sliced bananas or whole blueberries
- Add peanuts to creamy peanut butter to make it crunchy
- Make spicy jelly by adding a pinch of cayenne pepper
- Grill it!