



March 24- Peanut Butter Waldorf Sandwich

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=409470>

Recipe

Ingredients:

- 1 small apple
- 2 Tablespoons shredded carrots
- 2 Tablespoons chopped celery
- 1 teaspoon finely chopped dates and/or raisins
- 1 Tablespoon peanut butter
- 1 slice multi-grain toast

Directions:

1. Combine the first 4 ingredients in a small bowl.
2. Spread peanut butter on toast and top with mixture as one-face sandwich.
3. Slice toast in half and share with a friend.

Yield 2 servings

Nutrition Facts

Serving Size 1/2 toast (135.21g)
Servings Per Container 2

Amount Per Serving

Calories 170 **Calories from Fat** 45

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 1g **4%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 140mg **6%**

Total Carbohydrate 27g **9%**

Dietary Fiber 4g **16%**

Sugars 14g

Protein 4g **9%**

Vitamin A 25% • Vitamin C 8%

Calcium 4% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.