



Picnic Sandwiches

Ingredients:

PB + Banana

2 slices of whole grain bread
1-2 TBSP peanut butter
1 banana, sliced

"BLT"

2 slices of whole grain bread
low-sodium deli turkey
½ tomato, sliced
lettuce, chopped

Greek Style

2 slices of whole grain bread
½ tomato, sliced
½ cucumber, sliced
1-2 TBSP hummus
crumbled feta

Directions:

1. Measure, slice, and chop ingredients for sandwich of choice
2. Spread hummus or peanut butter on one slice of bread (if applicable)
3. Add remaining ingredients to the other slice of bread
4. Combine both slices of bread to make one sandwich; pack in travel container or picnic basket
5. Enjoy!

Cookware needed:

Picnic basket or travel containers

Cost: \$

Ease: 

Health Benefit: This meal contains fiber from whole grains, cucumbers, and lettuce to help keep us fuller for longer. Hummus, feta, turkey, and peanut butter are all great sources of protein to make this a balanced meal. Feta is also a great source of calcium for strong and healthy bones. Bananas provide many nutrients like potassium and antioxidants which aid heart health!