



# Sunflower Strawberry Sandwich

## Ingredients

- 2 TBSP sunflower butter (can also use peanut butter or almond butter)
- 1 TBSP homemade strawberry jam (recipe on website)
- 2 slices of whole wheat bread (optional to remove crusts)

## Directions:

1. Spread an even layer of sunflower seed butter on each piece of whole wheat bread, using 1 TBSP for each slide
2. Spread an even layer of strawberry jam only on one side, using 1 TBSP
3. Put the sandwich together by placing the side without jam on top of the side with jam
4. Cut into triangles; Serve or pack as a lunch

## Equipment

Cost: \$

Ease:

**Health Benefit:** Sunflower butter contains protein and other nutrients for overall health. Strawberry jam contains fiber and is lower in sugar.