

PBJ Gets a Make-Over: A New Take on an Old Favorite

Ingredients:

Whole cracked grain bread (I like Udi's Gluten-Free Millet-Chia Bread.)

Peanut, almond or cashew butter with nuts as the only ingredient

Fresh organic strawberries, sliced

Directions:

Start with good bread that is 100% whole cracked grain with the grain and seed visible. This will give you all the health benefits of fiber which include reducing heart disease and cancer.

Choose peanut, almond, or cashew butter that has only one ingredients-the nuts. Avoid brands of nut butters that have added oils and sugars.

If possible, choose organic strawberries, rinse them thoroughly, and slice them.

Toast the bread, smear the nut butter all over the bread and place the sliced strawberries on top.

Add a glass of milk, some fruit, and you have a really healthy breakfast, snack, or lunch.



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