

Lunch | Dinner | Snack

Nutty Banana Grilled Sandwich

Side Effect: Weight Loss/Low Appetite

5 Mins
Prep Time

5 Mins
Cook Time

1
Serving

478 Calories **19g** Fat **70g** Carbs **11g** Protein



Ingredients

1 Serving • **1** Sandwich Serving Size **10** Mins Total Time **Allergens:** Gluten, Nuts, Dairy

2 Slices Sourdough Bread

1 Tbsp Hazelnut Spread (like Nutella®)

1 Tbsp Creamy Peanut Butter

½ Banana, sliced into rounds

1 Tsp Butter, softened

Allergen Swap

Gluten Replace the sour dough bread with a gluten-free bread.

Nuts Omit peanut butter and hazelnut spread and use 2 Tbsp of SunButter®.

Dairy Use a vegetable oil-based spread instead of butter.

Nourishment Note



Peanut Butter

Rich in healthy monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.



Bananas

Bananas are a good source of fiber and contain potassium. Bananas also have a variety of antioxidants to help reduce inflammation.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Butter Bread

Butter one side of each piece of bread and lay, butter side down, onto a plate.

3. Assemble Sandwich

Spread one piece of bread with 1 Tbsp peanut butter and the other with 1 Tbsp hazelnut spread. Lay banana rounds in a single layer on top of one slice of bread. Gently put the other slice on top to create a sandwich.

4. Cook Sandwich & Enjoy

Heat the skillet over medium heat. Gently add the sandwich to the skillet and cook until bread is golden brown, about 2-3 minutes. Flip the sandwich and cook until the other side is golden brown. Serve and enjoy!

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Knife



Cutting Board



Plate



Measuring Spoons



Small Frying Pan



Spatula

Fatigue Buster

- Use a mini cookie scoop to portion out peanut butter and hazelnut spread.
- Ask a friend or family member to help prepare this dish.