

Peanut Butter & Prune Jam Sandwich

Serves 1

This is a healthy take on the classic peanut butter and jelly sandwich.

The Ingredients

1 tablespoon prune jam (recipe below)
1/2 tablespoon natural peanut butter
1 slice sprouted whole grain bread, halved

The Steps

1) Make prune jam (recipe below).
2) Spread peanut butter and jam onto bread halves, put halves together and cut in half again to make 2 mini-sandwich squares.

Nutrition (2 mini-sandwich squares): *160 calories, 4.5g total fat, 0.5g saturated fat, 0g trans fat, 0mg cholesterol, 125mg sodium, 25g carbohydrate, 4g fiber, 5g sugar, 6g protein, 2% vitamin A, 0% calcium, 0% vitamin C, 6% iron*

Prune Chia Jam

16 Sunsweet prunes
1/4 cup hot water
1/2 teaspoon pure vanilla extract
1/8 teaspoon sea salt
1 tablespoon chia seeds (optional)

1) In a food processor, pulse Sunsweet prunes, water, vanilla and salt until semi-smooth.
Optional: Stir in chia seeds.

2) Store in a sealed container in the fridge for up to 2 weeks. Makes 12 tablespoons.

Nutrition (1 tablespoon jam): *30 calories, 0g total fat, 0g saturated fat, 0g trans fat, 0mg cholesterol, 20mg sodium, 8g carbohydrate, 1g fiber, 5g sugar, 0g protein, 2% vitamin A, 0% calcium, 0% vitamin C, 0% iron*