

PEANUT BUTTER AND JELLY PIZZA



September 13

National Peanut Day



INGREDIENTS

- 3 English Muffins (top and bottom) at least 56 grams (enriched or whole grain rich)
- 6 Tablespoons Peanut Butter
- 6 Tablespoons Any Flavor Fruit Jelly or Jam
- 2 Bananas (sliced)

DIRECTIONS

1. Split and toast each English muffin.
2. Spread each round with 1 tablespoon each of peanut butter and jelly.
3. Top with banana slices.

MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain

MEAL TYPE

-  Snack

YIELD

6 Rounds

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Round	1 Round	2 Rounds	2 Rounds