

Sunflower Seed Butter & Seasonal Fruit Sandwich



Yield: 1 Sandwich

Ingredients

- 2 Slices whole wheat bread
- 2 Tablespoon sunflower seed butter
- 4 Seasonal fruit slices

Instructions for Adults

Assist children to ensure safe knife handling skills.

Instructions for Kids

- Place one slice of bread on a plate.
- Use a butter knife to spread the 2 Tablespoon sunflower seed butter evenly over one slice of bread.
- Top the sunflower seed butter with 4 seasonal fruit slices by laying them in an even layer.
- Lay the second slice of bread on top of the seasonal fruit slices.

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