

Sunbutter Sandwich



Help kids learn to read a recipe and make a healthy snack!

Materials: Bread, sunflower butter, apple slices, measuring spoons, butter knives, small serving dishes, paper plates, recipe

Optional materials: raisins, coconut, other types of sliced fruits

Learn to make a sandwich

Watch video of child making a peanut butter and apple sandwich:

http://simplyrecipes.com/recipes/apple_peanut_butter_sandwich/

Discuss with kids why you might use apples instead of jelly in this sandwich. Ask questions about the benefits of fiber and vitamins in fresh fruit.

Learn to read a recipe

Explain why you read the entire recipe before beginning to cook—even something that you're familiar with, like a peanut butter sandwich. Read through the recipe with kids.

In this recipe, we use sunflower seed butter because it's safe for kids with peanut allergies. We use wheat bread because it has fiber. What other types of nuts or seeds are used to make butters?

After reading the recipe, have kids follow instructions as they read, creating a sunflower butter and apple sandwich.

Optional: What else could you put on your sandwich that has fiber and vitamins instead of apples?

Sunflower Seed Butter & Apple Sandwich Recipe

Ingredients

2 slices whole wheat bread
2 Tablespoons sunflower seed butter
4 apple slices

Instructions

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

Serving size: 1 sandwich

Find more recipes at: www.foodliteracycenter.org