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.