



Recipe developed by Chef Paige Vondran

DIRECTIONS

- Preheat the oven to 350°F.
- In a small bowl, melt the butter (in bread).
- Add the almond flour, raw egg, mayonnaise, and peanut oil.
- Add a ¼ tsp. of water to soften the batter; stir to combine.
- Grease a rectangular or square shaped silicone mold with nonstick cooking spray.
- Scoop the bread batter into two of the molds dividing evenly.
- Bake for 15-20 minutes until firm and golden.
- In small bowl, combine the almond butter and softened butter; stir until smooth.
- In a separate small bowl, combine the strawberry spread and the strawberry syrup.
- Remove the bread slices from the molds and allow to fully cool.
- Spread the almond butter mixture over one slice of the bread; spread the strawberry ‘jelly’ over the other slice.
- Layer the two slices of bread together like a sandwich, then slice corner to corner into triangles.

PB & J SANDWICH

	Ingredients	Exchanges
Protein	18 gm NOW Real Foods® almond flour -----	3.4 (-5.1 gm fat) -----
	4.5 gm raw egg	0.3 (-0.3 gm fat)
Fat	3.1 gm butter (in bread) -----	1 (-1.95 gm)
	4.3 gm peanut oil -----	2 (-3.7 gm)
	10 gm mayonnaise -----	2
	5 gm butter, softened	1
Carbohydrate	3.6 gm almond butter	1.3 (-1.95 gm fat)
Other	1 tsp. Walden Farms® Strawberry Spread ¼ tsp. Da Vinci® SF Strawberry Syrup ¼ tsp. water	

VARIATIONS

- This recipe can be stored in the freezer for up to 2 months. To defrost, leave in the refrigerator overnight.
- Cashew butter can be used in place of almond butter, or if there are additional protein exchanges left over, peanut butter could also be used.
- If your individual meal plan allows, additional carbohydrate exchanges could be used as fresh pureed berries for the jelly.
- To make a softer bread, add an additional ¼ tsp. water or substitute the butter (in bread) for additional mayonnaise.
- Peanut oil is used specifically for the PB & J traditional flavor and should not be substituted for other oils unless a neutral flavor is desired.