

PEANUT BUTTER BLUEBERRY SANDWICH

ALL YOU NEED:

- 2 tbsp Hy-Vee creamy peanut butter
- 1 slice Hy-Veesandwich bread
- 2 tbsp seedless blueberry jam
- 1/4 c. fresh blueberries



ALL YOU DO:

1. Spread peanut butter on bread.
2. Spread blueberry jam over peanut butter.
3. Arrange fresh blueberries on top.

NUTRITION FACTS PER SERVING: SERVING SIZE: 1 PIZZA MUFFIN

Calories: 370 Trans Fat: 0 g Saturated fat: 2 g Fat: 16 g Carbohydrate: 52 g Cholesterol: 0 mg
Sodium: 280 mg Dietary Fiber: 4 g Protein: 10 g