

**Lunch | Dinner | Snack** 

# **Nutty Banana Grilled Sandwich**

**Side Effect: Weight Loss/Low Appetite** 

**5 Mins Prep Time** 

5 Mins **Cook Time** 

Serving

478 Calories 19g Fat 70g Carbs

11g Protein



## **Ingredients**

**1** Serving • **1** Sandwich Serving Size



**Allergens:** Gluten, Nuts, Dairy

2 Slices Sourdough Bread

1 Tbsp Hazelnut Spread (like Nutella®)

1 Tbsp Creamy Peanut Butter 🖤

½ Banana, sliced into rounds 🖤

1 Tsp Butter, softened

#### **Allergen Swap**

Gluten Replace the sour dough bread with a gluten-free bread.

Nuts Omit peanut butter and hazelnut spread and use 2 Tbsp of SunButter®.

Dairy Use a vegetable oil-based spread instead of butter.

#### **Nourishment Note**



#### **Peanut Butter**

Rich in healthy monounsaturated fats, peanut butter provides an ample number of calories as well as antioxidants, like vitamin E.



#### **®** Bananas

Bananas are a good source of fiber and contain potassium. Bananas also have a variety of antioxidants to help reduce inflammation.



### **Instructions**

#### 1. Wash Hands

Wash hands with soap and water.

#### 2. Butter Bread

Butter one side of each piece of bread and lay, butter side down, onto a plate.

#### 3. Assemble Sandwich

Spread one piece of bread with 1 Tbsp peanut butter and the other with 1 Tbsp hazelnut spread. Lay banana rounds in a single layer on top of one slice of bread. Gently put the other slice on top to create a sandwich.

#### 4. Cook Sandwich & Enjoy

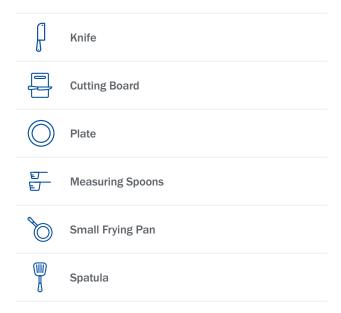
Heat the skillet over medium heat. Gently add the sandwich to the skillet and cook until bread is golden brown, about 2-3 minutes. Flip the sandwich and cook until the other side is golden brown. Serve and enjoy!

#### 5. Wash Hands

Wash hands with soap and water.

Recipe created by Meijer Specialty Pharmacy Registered Dietitians

## What You'll Need



#### **Fatigue Buster**

- Use a mini cookie scoop to portion out peanut butter and hazelnut spread.
- Ask a friend or family member to help prepare this dish.