

Peanut butter masterpieces

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Full Text:

Calling all sandwich artists! Look at your peanut butter sandwich in a new way. Create a work of art - a masterpiece!

You will need:

2 slices of wheat bread

Peanut butter

Table knife

Directions:

1. Spread peanut butter on one slice of bread.
2. Add any (or all) of the decorations listed on the right to the second slice of bread.
3. Voila! You have created a masterpiece!

Decorations for your masterpiece:

sliced fresh fruit,

dried fruit, honey,

lowfat cream cheese,

carob chips, raisins,

lowfat cheese slices,  
lettuce, olives, pickles,  
fat-free salad dressing,  
ready-to-eat cereal,  
bean sprouts,  
and low-salt pretzels

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