



Peanut Butter Fruit Dream-wiches

Wash hands and surfaces- let's really get hand washing ingrained in our children's lives

Just a fun twist on the ole PB & J take out the jelly & slice or smash fruit

2 pieces of whole-wheat bread

1 TBS peanut butter or sun butter

1 TBS

¼ apple

(1 TBS honey if needed)



My mom gave me peanut butter and pickles! I remember enjoying it, but I sure can't bring myself to try it.

Great way to use whole grains and reduce sugar!



What other favorite fruits could you use in these dream-wiches?



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