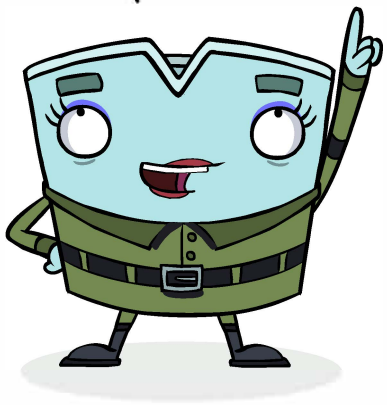
SHOPPING LIST

Almond Butter & Jamwich

- ◯ Almond Butter
- ◯ Blackberry Jam
- ◯ Whole Wheat Bread



CUT

CUT

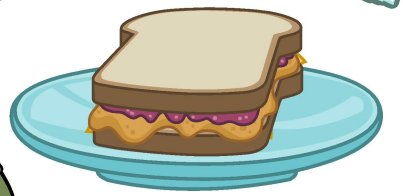
CUT

Corporal Cup presents

LUNCH

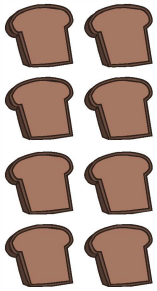
FIZZY'S LUNCH LAB

Almond Butter & Jamwich



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		E	4
YES	Under 30 min.	Easy	

YOU WILL NEED



8 slices whole wheat bread

½ cup
almond butter

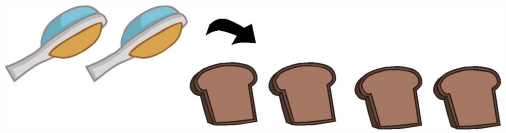
¼ cup
blackberry jam

DIRECTIONS

ATTENTION KIDS: Always cook with a grownup!

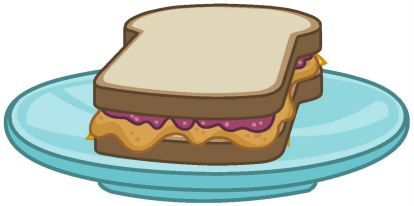
Peanut or sunflower butter can be used in place of the almond butter.

STEP 1: Place 4 slices of the bread on a clean work surface and spread each with 2 tablespoons of the almond butter.



STEP 2: Then, smear each with 1 tablespoon of the jam.

STEP 3: Top each with the remaining slices of bread. Cut in half and serve.



Nutrition Facts

Serving Size (107g)
Servings Per Container 4

Amount Per Serving
Calories 390 Calories from Fat 180

	% Daily Value*
Total Fat 20g	31%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 43g	14%
Dietary Fiber 5g	20%
Sugars 17g	
Protein 12g	

Vitamin A 0% • Vitamin C 0%
Calcium 15% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4