



Inside Out PB&J Skewers

Ingredients

- 2 TBSP Peanut Butter
- 2 slices of sandwich bread
- 6 strawberries, hulled
- 3 narrow straws

Preparation

1. Cut apples into 8 wedge shaped pieces and then cut those in half
2. Begin to thread toothpicks or straws with one strawberry.
3. Stack two pieces of strawberry with peanut butter in between.
4. Thread peanut butter stack onto toothpick.
5. Thread second strawberry onto toothpick.
6. Serve.

Nutrition Information based on one serving

Calories: 359 Total Fat: 20 g Total Carbohydrate: 35 g Dietary Fiber: 7 g
Protein: 15 g Sodium: 369 mg Calcium: 116 mg Iron: 2 mg

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