



Pumpkin Peanut Butter Sandwich

Servings: 2

Serving Size: 1 sandwich

Ingredients:

- 1/2 cup canned pumpkin
- 4 Tablespoons peanut butter
- 4 slices whole wheat bread
- 1 medium banana, peeled and cut into 1/4-inch slices

Directions:

1. Combine pumpkin and peanut butter in small bowl until well blended.
2. Spread 1 Tablespoon pumpkin peanut butter spread on each slice of bread.
3. Top two slices of bread with banana slices.
4. Top each with second slice of bread to make sandwiches.
5. Refrigerate leftover pumpkin peanut butter spread in tightly covered container for up to 5 days.

Nutrition Facts

Serving Size 1 Sandwich (206g)
Servings Per Container 2

Amount Per Serving

Calories 400 Calories from Fat 160

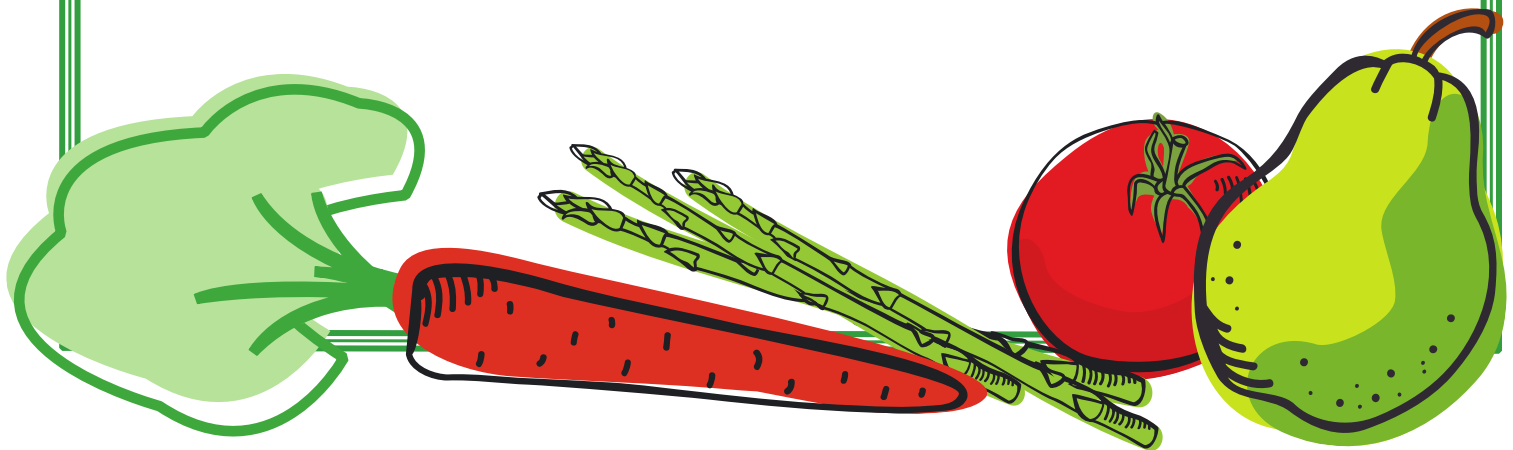
	% Daily Value*
Total Fat 17g	26%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 50g	17%
Dietary Fiber 9g	36%
Sugars 17g	
Protein 15g	

Vitamin A 150% • Vitamin C 10%
Calcium 25% • 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:

	<small>Calories:</small>	<small>2,000</small>	<small>2,500</small>
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



For more recipes: www.eatsmart.umd.edu

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