



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

APPLE, ALMOND & CHEDDER SANDWHICH

INGREDIENTS

- 1 tablespoon unsweetened almond butter
- 2 (1-ounce) whole-grain bread slices
- 1/4 cup thinly sliced apple
- 1 (1/2-ounce) thin slice sharp cheddar
- 1 ounce lower-sodium deli ham
- 1 romaine lettuce leaf



DIRECTIONS

1. Spread half of almond butter on one side of each bread slice. Layer one slice with apple, cheddar, ham, and lettuce. Top with remaining bread slice, almond butter side down.

Nutrition: Calories 384, Fat 19g, Protein 19g, Carbohydrate 35g, Sodium 619 mg.