

PB, Banana and Dried Plum Sandwiches

Makes: 100 servings

100 Servings

Ingredients	Weight	Measure
Bread, whole wheat slices, toasted	200 each	
Peanut butter		3 qt 1/2 cup
Bananas, medium, sliced	50	
Plums, dried, quartered, pitted	6 lbs 4 oz	
Honey		1 qt 2 1/4 cups
Cinnamon, ground (optional)		2 Tbsp

Nutrition Information

Nutrients	Amount
Calories	532
Total Fat	19 g
Saturated Fat	4 g
Cholesterol	N/A
Sodium	491 mg
Total Carbohydrate	85 g
Dietary Fiber	10 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	76 mg
Iron	4 mg
Potassium	N/A
N/A - data is not available	

Directions

1. Spread 2 Tbsps peanut butter on each of two bread slices. Top with banana slices and dried plums.
2. Mix honey with cinnamon, if desired. Drizzle honey over dried plums. Top each of the remaining bread slices.

Source: California Dried Plum Board