



Grilled Peanut Butter and Jelly Toast

Maintenance/Treatment to be mixed into your toast:

wheat bread, peanut butter

Ingredients:

- Wheat bread
- JIF or Skippy Creamy Peanut Butter
- 1-2 tablespoons of your favorite jam or jelly
- 1-2 tablespoons softened butter (use vegan butter if dairy allergic)

Instructions:

1. Spread the peanut butter on one side of the bread and jam on the other
2. Place the two sides together to make a sandwich and spread the outside with the softened butter, making sure to go all the way to the edges
3. Place a non-stick pan over medium heat.
4. When the pan is hot, carefully lay the sandwich in the middle
5. Cook for 2-3 minutes on each side or until lightly browned on each side
6. Place sandwich on a plate and serve immediately



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Food Allergy Institute Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: wheat, peanut