

SIDE DISH

PB and J with Banana Sandwiches

4 October 2026

TOTAL TIME	PREP	SERVES	PER SERVING	CALORIES
10 min	10 min	2	\$0.43	236 kcal



PB and J with Banana Sandwiches is a dairy free, lacto ovo vegetarian, and vegan recipe with 2 servings. This side dish has 236 calories, 7g of protein, and 8g of fat per serving. For 43 cents per serving, this recipe covers 8% of your daily requirements of vitamins and minerals.

Ingredients

- | | |
|---|---|
| ☐ 1 banana, thinly sliced | ☐ 3 tablespoons reduced fat peanut butter |
| ☐ 2 tablespoons strawberry jam | ☐ 2 pieces Pepperidge Farm® Honey Whole Wheat Sandwich Bread |

Method

- 1 Spread 1 1/2 tablespoons peanut butter on each bottom bread half.
- 2 Spread 1 tablespoon jam on each top bread half. Divide the banana between the bottom bread halves. Top with the top bread halves, jam-side down.

Nutrition per serving

236

KCAL

7 g

PROTEIN

8 g

FAT

36 g

CARBS

Saturated Fat	1.5 g · 9% of daily needs
Fibre	3 g · 12% of daily needs
Sugar	19.2 g · 21% of daily needs
Sodium	141 mg · 6% of daily needs
Cholesterol	0 mg · 0% of daily needs
Vitamin C	6.9 mg · 8% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pb-and-j-with-banana-sandwiches-147781