

Cooking with the Club

by our own
Robert Larios



Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com.

Return to Childhood: An Awesome PBJ

DIRECTIONS:



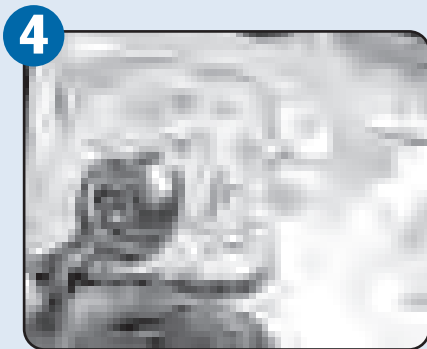
Place your bread in the toaster or toaster oven and toast until bread is toasted. You may bypass this step if you like your bread untoasted.



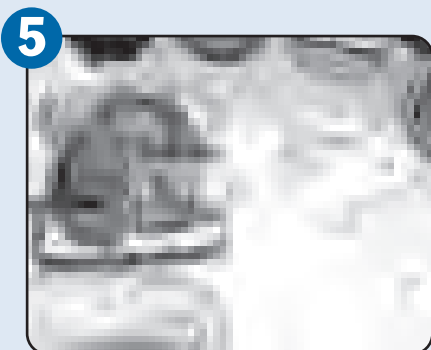
In the meantime, slice your banana into thin slices – oh and make sure to discard the banana peel.



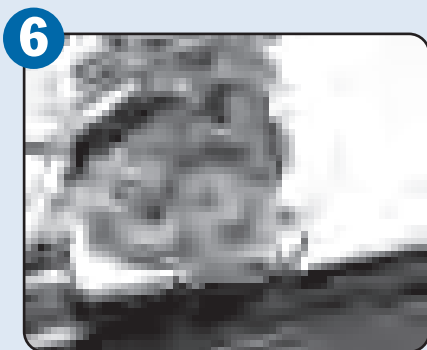
Remove your bread from the toaster and place on your cutting board.



Begin spreading your peanut butter on the surface of the bread.



Do the same for the apple butter ...



...and the strawberry jam.



Add the honey.



Begin placing your thinly sliced bananas on one of the yummy covered bread slices.



Sprinkle raisins over your sandwich face.



Combine the sandwich faces and cut in half.

Peanut butter, jelly, bread and a tall glass of milk is all that's needed for a hearty snack. One can even make it a meal for lunch. It's truly one of those flexible recipes that can be eaten any time of the day and it's easy to make.

Over the years that I've been making peanut butter and jelly sandwiches, I've come to make different types of these delicious sandwiches. And I'd like to share one of my favorites. It really doesn't have a name – it's just good. After you make my version, experiment and make yours. Try different jellies and jams and breads.

In my version, I've added sliced banana, cocoa powder, cinnamon powder, honey, raisins, apple butter, strawberry jam, non-processed peanut butter, and whole-grain bread. I could have added coconut flakes – but perhaps you can do that. If you do, tell me how it is and remember, nothing tastes better with peanut butter and jelly sandwiches than a tall, cold glass of milk. Enjoy!



It's Just Good Peanut Butter and Jelly Sandwich

INGREDIENTS:

- 2 slices of whole grain bread (white bread is definitely an option)
- 1 banana
- 1 teaspoon cocoa powder
- 1 teaspoon cinnamon powder
- 1 tablespoon honey
- 10 raisins
- 2 tablespoons of peanut butter or until spread all over surface of bread
- 1 tablespoon of strawberry jam or until spread all over surface of bread
- 1 tablespoon of apple butter or until spread all over surface of bread



Eat and enjoy!