

# Wonder<sup>®</sup>

## Banana PB&J With Seeds Towers

Serves 2 / 5 Mins

### Ingredients

- 6 slices Wonder<sup>®</sup> 100% Whole Wheat Bread
- Peanut butter (use almond butter or other substitute that your child enjoys)
- Strawberry Jam
- 1 banana thinly sliced
- 1 tbsp. sunflower seeds
- 1 tbsp. flax seeds

### Directions

 Prep Time: **5 minutes** | Cook Time: **0 minutes** | Total Time: **5 minutes**

1. Spread peanut butter on one side of bread.
2. Top with sliced bananas.
3. Spread jam on one slice of bread and top with sunflower and flax seeds.
4. Place jam slice on top of bananas jam and seeds facing up.
5. Spread peanut butter on one side of last slice of bread and top sandwich off.
6. Slice in four and serve as towers!
7. Repeat for second sandwich.

