

## **Appetizers**

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# **Peanut Butter & Fruit Rolls**

www.peanutbutter.com

**Servings: 1**

**Start to Finish Time: 10 minutes**

**1 slice whole wheat bread, crust removed**

**1 tablespoon Skippy creamy or super chunk peanut butter**

**1 1/2 teaspoons Welch's reduced sugar strawberry spread or concord grape jelly**

**2 teaspoons crushed peanuts**

Completely flatten the bread with a rolling pin or glass.

Evenly spread the peanut butter and one teaspoon of the strawberry spread on the flattened bread. Roll up.

Spread the remaining 1/2 teaspoon of the strawberry spread over the outside of the roll. Dip the roll in the peanuts.

Cut into bite-sized pieces.

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Per Serving (excluding unknown items): 69 Calories; 1g Fat (14.4% calories from fat); 3g Protein; 13g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 148mg Sodium. Exchanges: 1 Grain(Starch); 0 Fat.