

The Elvis-Lite Sandwich

Cheryl and Steve Lawler

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Servings: 1

2 pieces bread, toasted

1/2 banana

lite peanut butter

low-fat spread

Slice the banana.

Place the spread on one side of each piece of the toast.

Spread a light coat of peanut butter on the other side of each piece.

Place the banana between the bread slices, peanut butter side in, to make a sandwich.

Per Serving (excluding unknown items): 188 Calories; 2g Fat (9.8% calories from fat); 5g Protein; 39g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 270mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1 Fruit; 1/2 Fat.