



Peanut butter and banana sandwiches with carrot and cucumber

What you'll need

- 8 slices wholemeal bread
- 4 tablespoons (160g) no added salt/sugar peanut butter
- 2 large bananas, peeled and sliced
- 2 large carrots, peeled and cut into sticks
- 1/2 cucumber, washed and cut into sticks

Allergies

- Dairy free
- Egg-free
- Vegan
- Vegetarian

Recipe makes 4 adult portions

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What to do

1. Spread the peanut butter onto four slices of the bread.
2. Add the sliced banana and top each sandwich with another slice of bread.
3. Serve the sandwiches with carrot and cucumber sticks.

For babies

Go for soft cucumber sticks (removing the hard skin) and cut into fingers.

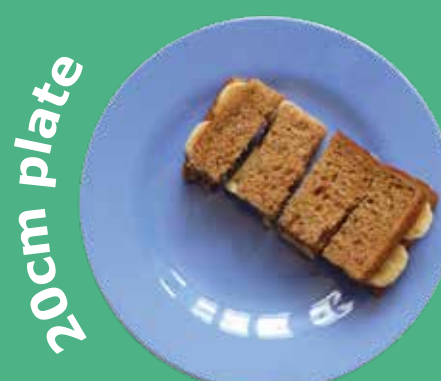
Adults, or teenagers
aged 12–18



5–11 year old



1–4 year old



7–12 month old

