

# Grilled Nut Butter Sandwich

Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipe by Dreena Burton

For a sweet version of a grilled sandwich, just reach for your favorite nut- or seed-based butter! This is a great recipe for a quick breakfast or lunch.

## About the Recipe

**332 Calories · 9 g Protein · 7 g Fiber**

**Lunch**

## Ingredients

***Makes 1 Servings***

- 1 tbsp (15 mL) almond, other nut butter, or sunflower seed butter
- 2 slices sprouted grain bread
- 1/2 c (150 g) sliced ripe banana or apple
- 1/4 tsp (1.2 mL) cinnamon
- 1/3 c (60 mL) unsweetened applesauce

## Directions

1. Place a nonstick skillet over medium-high heat. Spread about half of the nut butter on one slice of bread, and then top with the banana or apple and cinnamon. Spread the remaining nut butter on the other slice of bread.
2. Close up the sandwich and place it in the skillet. Cook for 3-4 minutes, or until lightly browned. Flip and cook for another 3-4 minutes, or until lightly browned. Transfer to a cooling rack (so the underside doesn't soften) to cool slightly, and then transfer to a plate and cut in half. Serve with applesauce.

## Nutrition Facts

*Per serving*

**Calories:** 380 kcal

**Fat:** 12 g

**Saturated Fat:** 1.5 g

**Calories From Fat:** 26%

**Cholesterol:** 0 mg

**Protein:** 13 g

**Carbohydrates:** 51 g

**Sugar:** 21 g

**Fiber:** 9 g

**Sodium:** 366 mg

**Calcium:** 184 mg

**Iron:** 2.8 mg

**Vitamin C:** 7.3 mg

**Beta-Carotene:** 46 mcg

**Vitamin E:** 6 mg