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