Peanut butter & jelly sandwich

About
Peanut butter was introduced as a protein-rich health food in the 1890s, but it became popular much later. Food was scarce during WWII, and peanut butter was given to American soldiers because it was high in calories, inexpensive, and nutritious. Peanut butter was also popular with families back home, where food was also scarce.

The average American child eats 1,500 peanut butter and jelly sandwiches before high school graduation. But peanut butter sandwiches can also include raisins, pickles, bananas, marshmallow fluff, apples, avocados, and even tomatoes. Jelly is not needed to make peanut butter and bread a complete, vegetarian source of protein.

Ingredients
Peanut butter
Jelly
2 slices of wheat bread

Directions
Spread one slice of bread with peanut butter. Spread second slice of bread with jelly. Put bread together with peanut butter and jelly on the inside. Serves 1.

Reference
Recipe provided by Leo Delgado.