

How to Make a Peanut Butter and Jelly Sandwich

Introduction:

The average American will eat more than 2500 peanut butter sandwiches before they graduate from high school. Since peanut butter has lots of protein in it, it can be a healthy lunch for anyone.

Step 1:

Gather your ingredients

- Peanut butter
- Jam or Jelly of your choice
- Plate
- Knife (butter or dinner knife)



Step 2:

Take two slices of bread and lay them out flat on a clean surface.



Step 3:

Using the knife, spread a layer of peanut butter on one slice of bread. Spread it evenly all the way to the edges.



Step 4: Using the knife, spread a layer of jam or jelly on the other slice of bread. Spread it evenly all the way to the edges.	
Step 5: Place the two slices of bread together, with the peanut butter and jelly sides facing each other. Make sure they are lined up evenly.	
Step 6: .Press down gently on the top slice of bread to help the sandwich stick together.	

Step 7:

Using a sharp knife, cut the sandwich in half diagonally or straight down the middle.



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Step 8: Eat and Enjoy

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Conclusion:

- Summarize the steps involved in the process.
- Provide any final tips or advice.
- Encourage the reader to try the process themselves.

Additional Resources

- Add links and descriptions for each resource
- Add links like this: [Link Title](#): Short Description
- Don't add links like this:
https://docs.google.com/document/d/1rNoOIsGaeaSp_n0Dpxgp13ZrRWiQFSeMRp76Hymy2ql/edit#

⁴ <https://content.instructables.com/F3B/BY1G/IVO7M348/F3BBY1GIVO7M348.jpg?auto=webp&fit=bounds&frame=1>

⁵ https://live.staticflickr.com/2535/3941283625_9ddcc7c76f.jpg