



STUFFED PB&J FRENCH TOAST KABOBS

April 2

National Peanut Butter and Jelly Day

INGREDIENTS

- 8 slices bread (enriched or whole grain-rich, at least 1 ounce each)
- 4 Tablespoons Peanut Butter or Alternative Nut Butter
- 4 Tablespoons Seedless Strawberry Jam
- 1 Teaspoon Ground Cinnamon
- 5 Large Eggs
- ¾ Cup Milk
- 4 Cups Sliced Strawberries

DIRECTIONS

1. Spread 1 tablespoon each of peanut butter and jelly on four slices of bread. Top with remaining slices of bread.
2. Lightly grease a griddle; heat over medium heat.
3. In a shallow bowl, whisk cinnamon, eggs, milk, until blended.
4. Dip both sides of sandwiches in egg mixture, allowing each side to soak 10 seconds. Place sandwiches on griddle; toast 3-4 minutes on each side or until golden brown.
5. Transfer sandwiches to a cutting board and cut them into quarters
6. On metal or wooden skewers or straws, thread 2 tablespoons of strawberries, 1 french toast quarter and another 2 tablespoons of strawberries.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Breakfast

YIELD

16 Servings

PORTION SIZES

Toddler	Preschool	School Age	Adult
1 Kabob	2 Kabobs	4 Kabobs	8 Kabobs