

Fresh for Kids®

# Carrot, cheese & peanut butter sandwich



## Carrot, cheese & peanut butter sandwich

Preparation: 10 minutes

Serves: 1

2 slices wholemeal or wholegrain bread  
2 tsp reduced fat peanut butter  
½ small carrot, grated  
⅓ cup reduced fat tasty cheese

1. Place bread on a board and spread each slice with peanut butter.
2. Place grated carrot on a sheet of paper towel and squeeze to remove excess moisture. Top one slice of bread with the carrot and cheese. Top with remaining bread. Cut in half, wrap and pack.

For fresh fruit and vegetable recipes visit  
[www.freshforkids.com.au](http://www.freshforkids.com.au).

**SYDNEY MARKETS**

**SYDNEY MARKETS**

Neither whole nor part of this leaflet may be reproduced without written permission from Sydney Markets Limited.

