

Breakfast Bar SunButter Sammies

A fun way to have a healthy breakfast on the go

1 <u>Glutino Breakfast Bar</u> of your choice <u>SunButter</u> product of your choice

Prep Time:3 minutesAssemble Time:5 Minutes

- 1. Remove a breakfast bar from its covering
- 2. Cut it in half, directly in the middle
- 3. Using a small heart-shaped cookie cutter, press into the pieces of breakfast bar
- 4. Before removing the cookie cutter, gently use a sharp knife to trim away excess breakfast bar pieces
- 5. Gently spread SunButter on the flat side of one heart
- 6. Place both breakfast bar hearts together, making sure the flat sides are facing inward

Leftover Bits- Use remaining breakfast bar pieces that were cut away for yogurt, cereal or ice cream topping or granola bits.

Each breakfast bar makes 1 sammie

Compliments of Nutrimom - Food Allergy Liason

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