

Recipe Name: Fruit Sandwich Recipe

Diet Type:

Course: Snack

Cuisine: Continental

Quantity:



Ingredients

Ingredient	Quantity
• 3 Whole Wheat Brown Bread	2
• 2 Ripe Bananas - peeled and sliced	
• 2 Pineapple - sliced thin	
• 1 Apple - or chickoo	
• 2 tablespoon Jam - Mixed fruit	

Preparation

- To prepare Fruit Sandwich Recipe, get all the ingredients handy.
- Apply jam to one side of 2 bread slices.
- To assemble the sandwich, take one bread with jam applied and over it place the fruit slices of pineapple, bananas, chickoo or apple in any order.
- Arrange the fruits slices completely on the bread.
- Over this, place another bread slice.
- The jam side should be facing on the top.
- Over this arrange the sliced fruits again and close the sandwich with a slice to which no jam has been applied.
- Grill this fruit sandwich on a Grill sandwich toaster till the topmost slice of bread turns brownish.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
-----------------	-------------	-----------	---------	-----------	-----------