

Homemade Uncrustables

Ingredients:

- Peanut Butter (*I use Costco brand because it has no added sugars*)
- Jelly (*check added grams of sugar on this! Less than 6 grams is ideal*)
- Whole wheat bread (*has more fibers, and will give more nutrients*)

Variations:

- Turkey and cheese
- Finely shaved turkey (*I prefer Boars head*)
- Sliced cheese cut into 4 smaller squares

Check out the [The BEST Sandwich Sealer!](#)

Directions

1. Assemble sandwiches.
2. Save your crust and freeze to make croutons later, or in a casserole
3. Place in a ziplock bag and lay flat on a baking sheet to freeze. (Once frozen, they don't need to stay flat)
4. I pull out of the freezer in the morning for lunches!

MADE WITH LOVE

by Teresa Forchard