



Hungry Grilled Graceland Special

PER SERVING (entire recipe): 277 calories, 12g fat, 385mg sodium, 39g carbs, 7.5g fiber, 11g sugars, 9g protein-- **PointsPlus®** value 8*

Prep: 5 minutes

Cook: 5 minutes

Ingredients:

1 tbsp. reduced-fat peanut butter, room temperature

2 slices light white bread

1/2 medium banana, thinly sliced

1 tbsp. light whipped butter or light buttery spread (like Brummel & Brown), room temperature, divided

Directions:

Evenly spread peanut butter onto one slice of bread, and top with banana slices. Top with the remaining bread slice. Set aside.

Bring a skillet sprayed with nonstick spray to medium-high heat on the stove.

Evenly spread 1/2 tbsp. of butter on top of the sandwich. Add sandwich to the skillet with the buttered side down.

Carefully spread remaining 1/2 tbsp. of butter onto the top slice of bread. Cook until lightly browned on both sides, about 2 minutes per side.

Serve and enjoy!

MAKES 1 SERVING



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