

# Power Bar Sandwich



## **TIP:**

**Combination of Full-On Fast and Sustained Energy:** This great tasting, quick & easy-to-make sandwich provides fast burning carbohydrate energy with raisins, chocolate chips and your choice of either honey, jam or cookie spread while also providing sustained energy through longer burning complex carbohydrates, rich protein and healthy fats found in whole grain bread, nut butter and fresh fruit.

**Preparation Time:** about 5 minutes

## **Needed**

**1 Slice Whole Grain Bread**

**Honey, Jam or Cookie Spread**

**Nut Butter** (I'm using homemade almond butter, but any nut butter will work)

**Fresh Fruit** (I'm using a combination of banana and blueberries, but any non-runny fruit will work)

**Raisins**

**Chocolate Chips**

Cutting Board

Sharp Knife

Table Knife

Aluminum Foil or Plastic Bag





1. Cut a slice of **whole grain bread** in half.



2. Spread your choice of **honey, jam** or **cookie spread** on **one of the bread halves** (I used all three for show below and, man, that multi-flavored sandwich tasted great!).



3. Spread **nut butter** on the second **bread slice half**.



4. Top the **nut butter sandwich half** with your choice of **fruit**, like **sliced bananas** and/or...



...**rinsed blueberries**.





5. Top the other **sandwich half** with **raisins** and **chocolate chips**.so that what you have looks like the bottom middle picture below.



6. Top the **fruit side of the sandwich** with a **light spread of nut butter** (to help keep the finished sandwich together). Then...



...fold and press the **sandwich pieces** together one on top of the other.



6. If you're taking the **power bar sandwich** for a run, hike or ride, wrap it in either aluminum or...





...a plastic bag.

