



## Peanut Butter is Nutritious

Other tasty additions to peanut butter sandwiches include banana, raisins, or thin apple slices.

Did you know that peanut butter on whole wheat provides complete proteins to our diets.

That means that while peanut butter sandwiches might seem ordinary, it is actually very nutritious and healthy, but it is OK if they just think it is delicious.

For recipes: Contact your county extension office in Kansas or visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu)

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