

## HOW TO MAKE A PEANUT BUTTER AND JELLY SANDWICH

By Shanna Dodd

Things you will need:

A plate

2 butter knives

2 tablespoons

Bread – 2 slices

Peanut butter – your choice

Jelly – your choice

1. First, you will need to go to the store and get your ingredients. Make a list. It's always best to be prepared.
2. Go to the bakery section and pick a type of bread. There are all kinds of bread. You've got wheat, rye, pumpernickel, whole grain, whole grain white, oat, low sodium, sugar free, raisin, garlic, and so forth. Don't get overexcited. You're new to the PB & J business so stick with plain old white. You can get cheap white bread but I prefer Sunbeam Old-fashioned, sliced. They also make a thin sandwich that will do in a pinch.
3. Now go to the nut butter aisle. There are so many choices these days – almond, cashew, pistachio and, of course, peanut. Again, you're new so start with peanut.
4. There are many varieties of peanut butter, you say? Yep. There's creamy, crunchy, natural, organic, honey roasted, low sodium, low sugar, and on and on. It can get confusing. KISS. (Keep it simple, stupid!) Choose either creamy or crunchy – Jif or Peter Pan. Moms prefer Jif, I hear. **\*DO NOT GET THE KIND WITH THE JELLY SWIRLED IN IT.**
5. The jelly/jam section should be really close to the nut butter section so pick out your jelly. And I do mean jelly – this is not a peanut butter and jam sandwich. That's a topic for another day. It's a matter of taste here, guys. I like Welch's Grape.
6. Pay for your groceries and go home.
7. Go to the kitchen.
8. Wash your hands with soap and warm water.
9. Get out a plate, 2 butter knives, and 2 tablespoons. Take the twisty thing off the bread and get out 2 slices. (Do not use the heel. The heel is the piece that is all crust on the back.)
10. Put the twisty thing back on the bread.
11. Open the peanut butter. Let it breathe for a minute.

12. Wash your hands with soap and warm water. Who knows who has been handling that jar!
13. Using one of the spoons, put a tablespoon of peanut butter on the first slice of bread.
14. Holding it carefully so that it lays flat on the palm of your hand and using one of the butter knives, spread the peanut butter gently across the grain of the bread. You want to go from right to left. If you're a lefty then go left to right. One direction only please. Repeat this action until you have a uniform coating of peanut butter on the bread.
15. Place it gently back on the plate.
16. Open the jelly. Let it breathe for 15 seconds.
17. Wash your hands again. Yes, again.
18. Take the clean spoon – not the spoon you used in the peanut butter but the other spoon – put a tablespoon of jelly in the center of the **other** slice of bread.
19. Holding this piece carefully on the palm of your hand, use the other knife to spread the jelly across the bread. Sometimes, cupping you palm just an itty bit will help you spread the jelly. Jelly is notoriously difficult to work with. It will take practice to do it without tearing up the bread. Don't get discouraged! Treat it tenderly and it will do what you want. Remember! Go across the grain of the bread from right to left. Lefties will have to deal with this the best way they can. You just cannot spread jelly from left to right, sorry.
20. Line up the jelly covered piece of bread with the peanut butter covered slice and put it *on top of* the peanut butter. A–mazing!
21. Make sure the bread is aligned.
22. Cut in a diagonal from right to left. Do not cut down the center. Please.
23. Congratulations! You have made a traditional PB & J!

**\*\*\* IMPORTANT** – Be sure to have a beverage, preferably, cold milk, standing by. Peanut butter can stick to the roof of your mouth like quick cement if not applied to bread properly.

**\*\*\*FOR CRUNCHY PEANUT BUTTER LOVERS** – Have toothpicks and/or dental floss handy. Those nuts will stay in your teeth and drive you bonkers.

Enjoy!