

# Sandwich Recipe



## Peanut Butter, Grated Carrot & Raisin on White Bread

- Sandwich ingredients:
- 2 slices of white bread
- Crunchy peanut butter spread thinly on each slice
- 1/4 cup of raw grated carrots
- 1/2 tablespoon of raisins

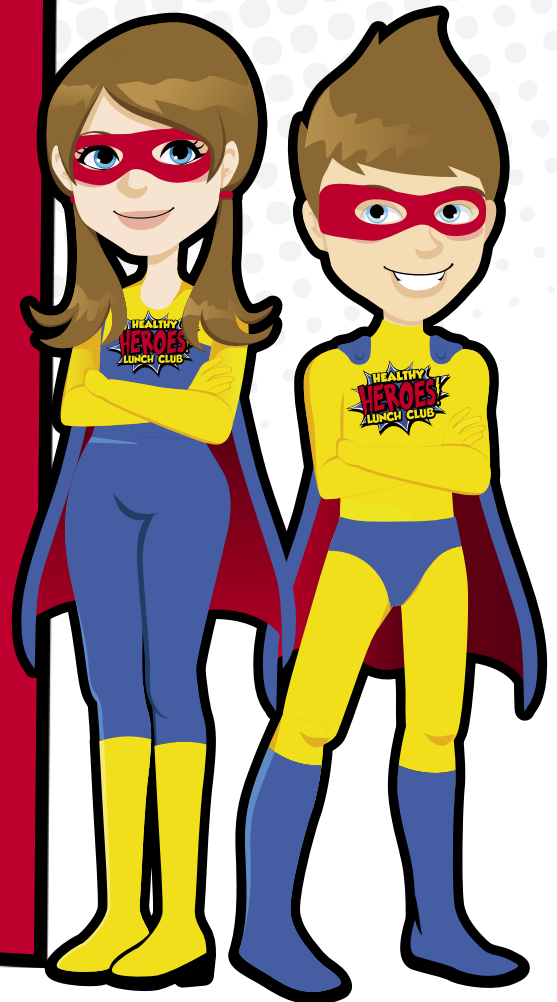
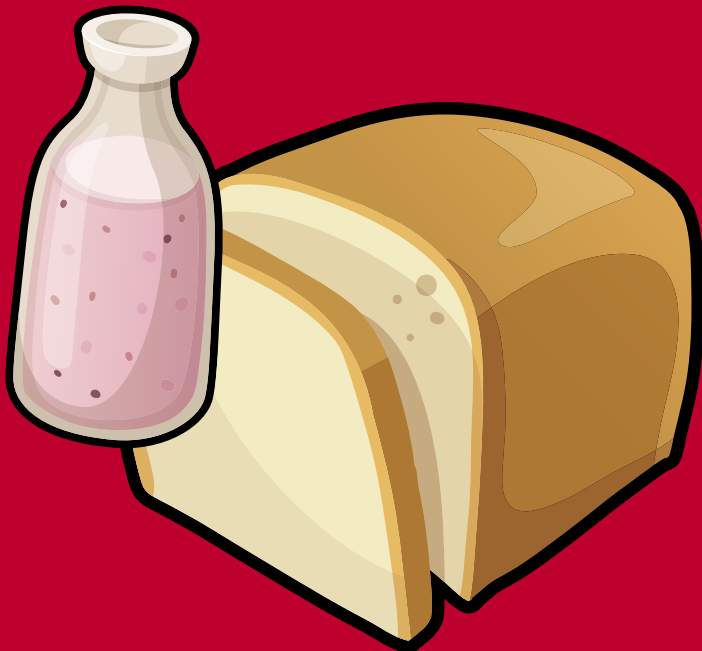
### Lunchbox extras:

250ml fruit smoothie, 1  
snack portion of cheese

### Energy content:

580kcal; Carbohydrate: 54%;  
Protein: 13%; Fat 33%;  
Fibre: 8gms

This lunch is a  
source of Vitamin  
A which is  
needed for good  
eyesight.



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