



The Edible Garden

Recipe featured at the *Whole Foods Market Friday* demonstration,
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Peanut Butter Kabobs with Peanut Banana Dip

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Ingredients

For the kabobs

2 slices of high fiber bread (sprouted, made-from-scratch, organic wheat bread from Whole Foods Market)
2 tablespoons Maranatha No-Stir, Creamy Peanut Butter (Organic)
1 tablespoon of Whole Foods Market 365 Brand Strawberry Jam
1 thinly sliced strawberry
2 whole strawberries
1 banana, cut into 2-inch pieces
1 celery stalk, cut into 2-inch pieces
1 apple, sliced
Wooden skewers

For the dip

1 ½ medium ripe bananas, mashed
1/3 cup peanut butter
1/8 teaspoon ground cinnamon
½ teaspoon vanilla
1 teaspoon agave nectar

Instructions

1. Spread the peanut butter and jam on one piece of bread and lay the thinly-cut strawberry pieces across the bread. Top with the other slice of bread and press down gently.
2. Use a small cup or small circle-shaped cookie cutter to cut out four circles from the sandwich, thus making mini sandwiches.
3. Layer the skewer, alternating between the circle sandwiches, the fruit, and celery.
4. For the dip, mash all ingredients with a fork and stir until creamy.