



Hungry Grilled Graceland Special



Entire recipe: 277 calories, 12g total fat (2.5g sat fat), 385mg sodium, 39g carbs, 7.5g fiber, 11g sugars, 9g protein

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Prep: 5 minutes **Cook:** 5 minutes



Tagged: [Lunch & Dinner Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

Ingredients

- 1 tbsp. reduced-fat peanut butter, room temperature
- 2 slices light bread
- 1/2 medium banana, thinly sliced
- 1 tbsp. light whipped butter or light buttery spread

Directions

Evenly spread peanut butter onto one slice of bread. Top with banana slices and the other bread slice. Spread the top of the sandwich with 1/2 tbsp. butter.

Bring a skillet sprayed with nonstick spray to medium-high heat. Place sandwich in the skillet with the buttered side down. Spread the top with remaining 1/2 tbsp. butter.

Cook until lightly browned on both sides, about 2 minutes per side. Serve and enjoy!

MAKES 1 SERVING

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.