



## PB&J Apple Sandwiches



Entire recipe: 168 calories, 8g total fat (1.5g sat fat), 57mg sodium, 22g carbs, 3.5g fiber, 15.5g sugars, 4g protein

**Green Plan [SmartPoints](#)® value 4\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 4\***

**Purple Plan [SmartPoints](#)® value 4\***

**Prep:** 5 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Single Serving](#), [5 Ingredients or Less](#), [30 Minutes or Less](#)

### Ingredients

- 1 medium-large apple
- 1 tbsp. creamy peanut butter
- 1 tbsp. low-sugar grape jelly or strawberry preserves

### Directions

Cut four 1/4-inch-thick round slices from the apple.

Spread peanut butter and jelly over two apple slices. Top with remaining apple slices to form the sandwiches.

**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.