

LEVEL



SWEET SANDWICHES



Ingredients:

- 4 slices of whole wheat bread (rye, spelt or oat)
- 2 tablespoons maple syrup or date syrup
- 1 big ripe banana
- 1 medium sized apple
- Hand full of berries (frozen or fresh)
- Ceylon cinnamon



Preparation:

1. Spread the maple or date syrup on the bread.
2. Cut the fruits in slices.
3. Cover the bread with the fruit. 2 slices bread with banana, 2 with apple.
4. Add some berries.
5. Sprinkle some cinnamon & enjoy!

BE THANKFUL & ENJOY