

Crazy Grains Sandwich

Ingredients:

1 slice whole-wheat bread

1 slice white bread

1 tablespoon peanut butter

1 tablespoon jelly

1/4 cup unsweetened, whole-grain cereal (like whole-wheat chex)

1/4 cup unsweetened cereal (like puffed rice or corn flakes)

Directions:

1. Make a peanut butter & jelly sandwich, but leave open.
2. Add both cereals to the sandwich and close it up.