

Week 2 Recipe

Cheesy Monkey Sandwich with Honey and Walnuts

Prep Time: 10 minutes

Ingredients:

- 4 slices of your favorite bread (whole wheat honey bread goes well with this recipe)
- 1 thinly-sliced Granny Smith apple
- 1 thinly-sliced banana
- 6-8 thin slices of fresh Parmigiano-Reggiano cheese (not shredded, slice off block into thin slices)
- 1 Tbsp. honey
- 1/4 cup walnuts

Preparation:

1. Lay bread slices out side by side on a cutting board. Top each slice of bread with a few apple slices, banana slices and cheese slices.
2. Drizzle sandwiches with honey. Top with walnuts. Enjoy!

Makes 2 open-faced sandwich servings

Healthy Facts:

Apples are the most popular fruit in the world! They are very low in saturated fat, cholesterol and sodium. Apples are a great source of fiber and Vitamin C.

If you eat honey that is local, it will help your allergies! There are small amounts of pollen found in honey- If you consume small amounts of pollen over a long period of time, your body will become immune to it. Therefore, it will help your allergies! IT HAS TO BE LOCAL FOR IT TO HELP, THOUGH!

Bananas have up to 3 times more complex carbohydrates than any other fruit. That's why they're such a good source of energy!