

Fresh for Kids®

# Honeyed carrot, sultana & peanut butter finger sandwiches



## Honeyed carrot, sultana & peanut butter finger sandwiches

Preparation: 10 minutes

Serves: 2

Little kids may prefer the crusts off the sandwiches.

- 1 small carrot, grated
- 3 tsp honey
- 1 tbs reduced fat peanut butter
- 1/3 cup sultanas
- 4 slices wholemeal bread

1. Place grated carrot on a sheet of paper towel and squeeze to remove excess moisture. Combine carrot and honey in a small bowl. Stir until well combined. Place bread onto a board and lightly spread with peanut butter.
2. Top 2 slices of bread with the carrot mixture and sprinkle each with 2 tbs of sultanas. Top with remaining bread. Cut each sandwich in 3 fingers. Wrap in plastic wrap or greaseproof paper and serve.

For fresh fruit and vegetable recipes visit  
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