Sunflower Seed Butter, Apple & Cheese Sandwich

Ingredients (makes 1 slice, 1 serving)

- 1 slice Whole wheat bread
- 1 Tablespoon Sunflower seed butter (Sun Butter)
- 1 slice Cheddar cheese
- 1/4 cup Apple (cut into thin slices)

Directions

1. Spread sunflower seed butter on whole wheat bread.
2. Place cheese on sunflower seed butter.
3. Top with apple slices.

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Nutrition Information- Per serving

Calories	304	Total Sugars	7.5g	Sodium	390mg
Protein	13.9g	Total Fat	18g	Cholesterol	29mg
Carbohydrate	24g	Saturated Fat	6.9g	Fiber	3.3g