

Charlie's Peanut Butter and Cheese Sandwich

Serves 1

approx. 29 grams of protein per serving

My husband's best friend and exercise buddy has been concocting strange sandwiches for as long as we've known him. He chose to share this one for its particularly high protein content. It's also his favorite.

2 slices of multigrain bread, toasted
2 tbsp. creamy peanut butter
2 slices Swiss cheese
Mustard to taste
2 thin slices tomato
1 leaf romaine lettuce

1. On each side of toasted bread, spread peanut butter.
2. Place cheese directly on top of peanut butter, then dress with a thin layer of mustard.
3. Add sliced tomato and lettuce. Serve immediately.