

How to Make a Peanut Butter and Jelly Sandwich

1. Introduction

A peanut butter and jelly (PB&J) sandwich is a simple, classic meal that combines nutty peanut butter and sweet fruit jelly between two slices of bread. Its popularity comes from being quick to make, filling, and easy to customize. Whether you're new to this sandwich or just need a refresher, this guide walks you through each step.

2. Ingredients and Tools

2.1. Ingredients

- **Bread:** Two slices of sandwich bread (white, whole wheat, or your preference).
- **Peanut butter:** Smooth or crunchy peanut butter. Popular brands include [Jif](#) and [Skippy](#).
- **Jelly or jam:** Any fruit flavor works. Grape and strawberry are the most common choices. Popular brands include [Smucker's](#) and [Welch's](#).

2.2. Tools

- A clean plate.
- A butter knife or spreading knife (one for peanut butter, one for jelly, or clean between uses).
- A spoon (optional, for scooping jelly).
- A napkin or paper towel for cleanup.

3. Instructions

Follow these steps:

1. **Set up your workspace.** Place the plate on a flat surface. Put the bread slices side by side.
2. **Open the jars.** Unscrew the lids from the peanut butter and jelly.
3. **Spread peanut butter:** Use the knife to scoop peanut butter. Spread it evenly over one slice of bread, covering the edges.
4. **Spread jelly:** Clean the knife or use a second knife. Spread jelly evenly over the second slice of bread.

5. **Assemble the sandwich:** Place the peanut butter slice on the plate, peanut butter side up. Set the jelly slice on top, jelly side down, aligning the edges.
6. **Cut the sandwich (optional).** Use a clean knife to cut it diagonally or straight across.
7. **Serve and enjoy.** Place the sandwich on your plate, grab a napkin, and it's ready to eat.

4. Optional Variations

- **Bread alternatives:** Try whole-grain, gluten-free, or toasted bread.
- **Peanut butter substitutes:** Almond butter, sunflower seed butter, or a chocolate-hazelnut spread such as [Nutella](#).
- **Jelly and Jam substitutes:** Fruit spread, preserve, or compote.
- **Extra ingredients:** Sliced bananas, honey, or a dash of cinnamon.
- **Lower sugar option:** Use natural peanut butter and low-sugar or homemade jam.

5. Conclusion

You've just made a peanut butter and jelly sandwich, a staple in the American diet since 1901. This timeless snack is easy to prepare, and even easier to enjoy. Try different variations to make it your own.