

DARK CHOCOLATE BANANA PB & J SANDWICH

Prep Time: 5 mins. • Cook Time: 4 - 6 mins. • Total Time: 9 - 11 mins.

Want to see this recipe in action? Watch it on my YouTube channel, Samantha Sambile!

INGREDIENTS

- 2 slices of crusty bread (I used sourdough.)
- 2 tbsp. peanut butter
- 1 1/2 - 2 tbsp. jam of choice (I used raspberry.)
- 1/2 tbsp. chia seeds (optional, I just like the added nutrition.)
- 1/2 banana
- 1 tbsp. non-dairy dark chocolate chips or chopped chocolate
- 1/2 to 1 tbsp. coconut oil



Recipe by: Samantha Sambile
Serves: 1 to 2 people

DIRECTIONS

1. Thinly slice half of a banana.
2. Spread both slices of bread with the peanut butter and jam. Add the chia seeds on one slice of bread and top it with the bananas and chocolate chips before topping it with the second slice of bread.
3. Add 1/2 to 1 tbsp. of coconut oil in a pan and preheat on medium heat for a couple minutes.
4. Grill your sandwich for about 2 minutes on either side, just until it forms a nice golden brown. Cook for an extra minute for a crustier bread. Enjoy!

MAKE THIS RECIPE?

Snap a photo and tag me on Instagram [@samanthasambile](https://www.instagram.com/samanthasambile) and hashtag [#eatwithsamsam](https://www.instagram.com/hashtag/eatwithsamsam). I'd love to see your creations!