



## Stars and Stripes Sandwiches

Serves 3. Prep time: 30 minutes.

### Ingredients

- 1 cup strawberries
- 1 cup raspberries
- 1 banana
- 1 cup blueberries
- Light cream cheese
- 3 whole wheat bread slices
- Berry jam

Make a fun flag for the Fourth of July with some tasty stars and stripes!



# Stars and Stripes Sandwiches

## Preparation

### Prepare your ingredients

Thinly slice  $\frac{1}{2}$  cup strawberries, cut the raspberries in half and cut the banana in half lengthwise, then slice across to create half-moons. Toast three bread slices and spread a layer of cream cheese over the top of each toast slice.



### Decorate your sandwiches

**Starry Night:** On the first toast slice, form a star shape in the middle, then outline it with the cut raspberries. Fill up the rest of the toast slice with blueberries. Cut off the top of a whole strawberry and place it in the middle of the star.



**Stripes Forever:** On one edge of the second toast slice, place a row of banana slices, followed by a row of raspberries, then blueberries. Repeat the rows until the toast slice is filled.



**Land of the Free:** In the upper left-hand corner of the last toast slice, make a 3 x 2 rectangle with blueberries. Spread three horizontal lines of jam on the toast slice, then top the lines with cut raspberries.



## Extra Credit

Make a few extra fruit stars from different fruits so once you eat the strawberry star, for example, you can try the sandwich with a raspberry star, then a banana star. Yummy!

Recipe and photos by Mighty Media, Inc., [mightymedia.com](http://mightymedia.com)

## Nutritional information per serving

Calories	Fat	Cholesterol	Sodium	Carbs	Fiber	Protein
230	5 g.	10 mg.	240 mg.	43 g.	7 g.	4 g.

The nutritional values and information provided are approximations.