

PEANUT BUTTER & JELLY WITH KATUK (after all, it tastes like fresh peanuts)



PREPARATION:

- Toast a Naan or Pita or whatever bread you like.
- Spread generously with crunchy peanut butter.
- Harvest one stem of Katuk leaves from near the top of the bush.
- Wash the leaves and sling off excess water.
- Glaze the top with your favorite jam ... here it's apricot.
- Serve with a banana and glass of milk.