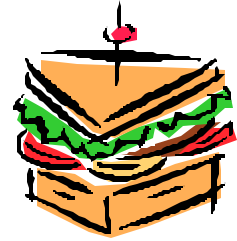


# Sandwich Ideas



Spread low phe bread with:

1. Margarine (bread with butter)
2. Jelly, jam, or apple butter
3. Sliced tomatoes, onion, salt, pepper, Miracle Whip
4. Diced celery, raisins, moistened with Miracle Whip, and lemon juice
5. Sliced cucumber or tomato
6. Avocado, Miracle Whip, and pickle relish
7. Shredded carrot, black olives, and Miracle Whip
8. Sliced tomato and onion (place on bread and grill with margarine to make a toasted sandwich)
9. Sliced pickles and mustard
10. Low phe banana bread spread with margarine and jelly
11. Low phe butter; i.e. cinnamon honey butter, orange honey butter, strawberry butter, curried chutney butter, herb butters, chive butters (all these "butters" can be made with "free margarine")



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