

**BANANA AND PEANUT BUTTER TOAST**

1 portion

INGREDIENTS

- 2 slices of bread, whole-grain(64 g)
- 1 large banana(136 g)
- 2 Tablespoons of Natural Peanut Butter (40 g)
- 1 tsp of cinnamon, ground (3 g)

COOKING METHOD

- 1° Toast the bread and spread the peanut butter over the top
- 2° Toast the bread and spread the peanut butter over the top
- 3° Place the chopped banana on top and finish by sprinkling cinnamon over the banana
- 4° Serve

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (243 g)	% DRI
ENERGY	215 kcal	521 kcal	26 %
FAT	9 g	22 g	35 %
FATTY ACIDS, TOTAL SATURATED	1 g	3 g	17 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	163 mg	395 mg	16 %
CARBOHYDRATE	27 g	66 g	22 %
SUGARS	9 g	21 g	—
FIBER	5 g	12 g	48 %
PROTEIN	8 g	20 g	—