

Peanut Butter and Banana Toast

A mix of carbs, protein, and fruit to get your day started right and keep you full until lunchtime!

Prep Time/Cook Time: 2 minutes

Estimated cost: \$0.40

1 slice whole grain bread

2 tbsp peanut butter

½ banana, sliced



Toast bread. Spread peanut butter on toast. Lay banana slices on top. Enjoy!

Nutrition Facts	
Serving Size 116 g	
Amount Per Serving	
Calories 317	Calories from Fat 146
% Daily Value*	
Total Fat 17g	27%
Saturated Fat 4g	18%
Trans Fat	
Cholesterol 0mg	0%
Sodium 152mg	6%
Total Carbohydrate 33g	11%
Dietary Fiber 6g	23%
Sugars 12g	
Protein 13g	
Vitamin A 1%	• Vitamin C 9%
Calcium 5%	• Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com