

**BANANA AND PEANUT BUTTER SNACK**

Snack for morning with a lot of exercise

 5 minutes 5 minutes 1 portion**INGREDIENTS**

- 2 slices of bread, whole-wheat, commercially prepared (64 g)
- 2 tbsps of peanut Butter, smooth (32 g)
- 1 medium unit (7" to 7-7/8" long) of bananas, raw (118 g)

**COOKING METHOD**

- 1° Toast the bread Spread the peanut butter on each slice Cut the banana and place on the peanut butter, close the sandwich with the other slice of toasted bread

**NUTRITIONAL INFORMATION**

	PER 100 g	PER PORTION (214 g)	% DRI
ENERGY	212 kcal	454 kcal	23 %
FAT	9 g	18 g	28 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	18 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	208 mg	445 mg	19 %
CARBOHYDRATE	29 g	62 g	21 %
SUGARS	9 g	19 g	—
FIBER	4 g	9 g	35 %
PROTEIN	8 g	16 g	—