

**TAHINI, BANANA CACAO NIB TOAST**

This toastie combo combines the best of all worlds being sweet, savoury and bitter. Perfect for those mornings when you just don't know what you feel like.

 5 minutes 10 minutes 1 portion**INGREDIENTS**

- 2 slices of bread, wholegrain/ sourdough, c (64 g)
- 1 large bananas, slices in half and then half longways (136 g)
- 2 tbsps of tahini (28 g)
- 2.5 tbsps of cacao nibs (15 g)

COOKING METHOD

- 1° Once you've toasted your bread, spread both sides with one teaspoon of tahini. Top with banana slices and sprinkle with cacao nibs. Drizzle with a little more tahini if you love the stuff as much as we do!
- 2° Note Boost this: Add the banana slices, a little coconut oil and a sprinkle of cinnamon into a frying pan on medium heat. Fry both sides of the banana until brown.
- 3° Note Boost this: Add the banana slices, a little coconut oil and a sprinkle of cinnamon into a frying pan on medium heat. Fry both sides of the banana until brown.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (243 g)	% DRI
ENERGY	211 kcal	512 kcal	26 %
FAT	8 g	20 g	31 %
FATTY ACIDS, TOTAL SATURATED	2 g	4 g	21 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	121 mg	293 mg	12 %
CARBOHYDRATE	29 g	71 g	24 %
SUGARS	8 g	19 g	—
FIBER	6 g	15 g	60 %
PROTEIN	8 g	18 g	—