



Peanut Butter-Banana Cinnamon Toast: Heart Healthy Snack #1*

Yield 1 serving. Recipe from eatingwell.com.

Ingredients

1 slice whole-wheat bread, toasted
1 tablespoon peanut butter
1 small banana, sliced
Cinnamon to taste

Nutritional info

Calories	266	
Total Fat	9g	12%
Sodium	220mg	8%
Carbohydrates	38mg	14%
Protein	8g	16%
Sodium	181mg	8%

**Photo does not accurately represent the recipe.*

Directions

1. Spread toast with peanut butter and top with banana slices.
2. Sprinkle with cinnamon to taste.

NOTES

This healthy snack is nutritious and a filling way to stay energized. It meets heart-healthy nutrition parameters by being low in saturated fat and sodium-conscious.

What Type of Bread Should I Use?

We use whole-wheat bread, but feel free to use what you have at home. When shopping for whole-wheat bread, look for whole-wheat flour as the first ingredient. Whole-wheat flour contains the entire wheat kernel, including the bran and germ.

What Peanut Butter Should I Use?

There are many varieties of peanut butter to choose from at the supermarket. But which peanut butter is the healthiest? We recommend using natural peanut butter, which is made with just peanuts and sometimes a little salt.