FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Peanut Butter and Banana on Toast

Serves	Prep Time	Cooking	Total Time	Calories
0 people				**240 kcal**

Stuff that's in it:

• 1/2 Banana (Sliced)

• 1 Wholemeal Toast (Slice)

• 15G Smooth Peanut Butter (Meridian)

• 5G Cocoa Honey Spread

• 5G Blueberries

• 5G Rasperries

What you do:

Toast your bread, slice your banana and spread your peanut butter all over, then add the chopped berries and banana.

microwave your chocolate spread for 20 seconds and drizzle all over your toast

Nutrition

• Carbs: 30g

• Fat: 8g

• Protein: 10g

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