



Toast with Nut Butter, Banana & Hemp Seeds

1 serving

5 minutes

Ingredients

- 2 slices Whole Grain Bread (toasted)
- 2 tbsps Almond Butter
- 1/2 Banana (sliced)
- 1 tbsp Hemp Seeds
- 1/8 tsp Cinnamon

Nutrition

Amount per serving	
Calories	518
Fat	26g
Saturated	3g
Carbs	56g
Sugar	14g
Protein	21g
Cholesterol	0mg
Sodium	317mg

Directions

1

Spread the almond butter onto the toast and top with sliced banana, hemp seeds and cinnamon. Enjoy!

Notes

No Hemp Seeds, Omit or use sunflower seeds or pumpkin seeds instead.

Gluten-Free, Use a certified gluten-free bread.

Nut-Free, Use sunflower seed butter instead.