

# Peanut Butter Banana Chia Seed Toast

## Ingredients:

- 1 slice bread, whole-wheat
- 1/2 large banana, sliced
- 1 tablespoon peanut butter
- 1/2 tablespoon chia seeds

## Directions

1. Toast bread.
2. Spread on peanut butter.
3. Place banana on top.
4. Sprinkle with chia seeds; serve.

## Nutrition Facts

Serving Size 1 toast (107g)  
Servings Per Container 1

Amount Per Serving

Calories 260    Calories from Fat 110

% Daily Value\*

Total Fat 12g    18%

Saturated Fat 2g    10%

Trans Fat 0g

Cholesterol 0mg    0%

Sodium 240mg    10%

Total Carbohydrate 33g    11%

Dietary Fiber 6g    24%

Sugars 10g

Protein 9g

Vitamin A 4%    • Vitamin C 8%

Calcium 10%    • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

|                    | Calories: | 2,000   | 2,500   |
|--------------------|-----------|---------|---------|
| Total Fat          | Less than | 65g     | 80g     |
| Saturated Fat      | Less than | 20g     | 25g     |
| Cholesterol        | Less than | 300mg   | 300mg   |
| Sodium             | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate |           | 300g    | 375g    |
| Dietary Fiber      |           | 25g     | 30g     |

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

