

# Recipe for

## Nut Butter Toast



SERVES 1

PREP TIME/TOTAL

TIME Approx 5 min / 5 min

### NUTRITION INFORMATION

Total Calories 405

Fat 18.3 g

Protein 17.5 g

Carbohydrates 45.5

Fiber 11.8

### INGREDIENTS

2 slices of Ezekiel bread

2 tbsp of organic low sodium nut butter

1/4 cup blueberries

1/4 banana

Pinch of cinnamon

### DIRECTIONS

Toast Ezekiel Bread to desired crispness

Spread nut butter on bread

Slice 1/4 of a banana and put slices on top of nut butter

Add 1/4 cup of blueberries to toast and gently mash blueberries into

banana slices and nut butter

Sprinkle with cinnamon

\*Ezekiel bread flax & Santa Cruz organic peanut butter used for Nutrition