

Nutty Breakfast Sand-

Ingredients

2 frozen waffles
1 tablespoon peanut butter
1/2 banana, sliced

Directions

1. Toast both waffles.
2. Spread 1 waffle with peanut butter and top with banana slices.
3. Put other waffle on top to make a delicious and nutritious breakfast sandwich.



Makes 1 servings

*Nutrition information per serving
(1 sandwich):*

*360 calories, 14g fat, 9g protein
53g carbohydrates, 4.5g dietary fiber*