PEANUT BUTTER BANANA RICE CAKE

INGREDIENTS
• 1 rice cakes
• 1 tablespoon peanut butter
• 1/2 banana (or any fruit)

OPTIONAL
• cinnamon

PROCEDURE
01 Spread peanut butter evenly on top of rice cake.
02 Slice banana into thin pieces and place desired amount on top of the peanut butter.
03 Optional: sprinkle cinnamon on top for extra yummy flavor!

Nutrition Facts
Calories................................180
Carbohydrates..................24 g
Protein................................5 g
Total Fat...........................8 g
Saturated Fat.....................1.5 g
Trans Fat..........................0 g
Cholesterol......................0 mg
Fiber.................................2 g
Total Sugar.......................8 g
Sodium..............................75 mg
Calcium.........................12 mg
Folate..............................17 mcg
Iron..................................<1 mg

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