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	1.5g
Trans Fat	0 g
Cholesterol	0 mg
Fiber	2g
Total Sugar	8 g
Sodium	75mg
Calcium	12 mg
Folate	17 mcg
Iron	<1 mg

Maricopa County Department of Public Health

AZ HEALTH ZONE

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