

Nutty Breakfast Sandwich

1 Serving

What you need:

- 2 frozen waffles
- 1 Tbsp peanut butter
- 1/2 banana, sliced
- 2 tsp strawberry jam



All you do:

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

Nutrition information per sandwich: 360 calories, 14 g total fat, 2.5 g saturated fat, 53 g carbohydrate, 4.5 g dietary fiber, 9 g protein