

Choco-Banana Toast



Enjoy this delicious and energizing toast with whole wheat bread, natural peanut butter, banana, chia seeds, semi-sweet chocolate chips, and unsweetened shredded coconut, for a tasty and nutritious breakfast or snack.

Preparation 5 min

Cooking 2 min

Servings 1

Nutrition Facts (per serving)

Calories 200

Fat 10

Carbohydrates 24

Fibre 4

Protein 6

Sodium 90

Ingredients

- One slice of brown bread
- 15 mL (1 tbsp) natural peanut butter
- ½ banana, sliced
- 5 mL (1 tsp) chia seeds
- 5 mL (1 tsp) miniature semi-sweet chocolate chips
- 5 mL (1 tsp) pumpkin seeds

Preparation

1. Toast a slice of bread, then spread the ingredients in order on the toasted slice of bread.

Notes

The toasts are best enjoyed on the same day.



Gabrielle Simard – Créatrice culinaire
Culinary Creator