Nutty Breakfast Sandwich
1 serving

2 frozen waffles
1 Tbsp peanut butter
½ banana, sliced
2 tsp strawberry jam

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.

Health Hint: Choose whole grain waffles and “all fruit” jam for extra fiber and less added sugar. Wash it down with 8 oz. skim milk or 100% orange juice for extra vitamins & minerals.

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

Good source of vitamin A, calcium, iron and potassium.