

## Nutty Breakfast Sandwich

1 Serving

- 2 frozen waffles
- 1 Tbsp peanut butter
- 1/2 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.

Healthy 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 g dietary fiber
- 9 g protein

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

Pyramid servings: 2 bread/starch, 1 fruit, 1 healthy fat, 1 sweet.