

# Peanut Butter & Banana Bread

## SERVES 1

- 1 PIECE WHOLEMEAL BREAD
- 1 TABLESPOON 100% PEANUTS PEANUT BUTTER
- 1 BANANA - MASHED OR SLICED

- SPREAD PEANUT BUTTER ONTO BREAD.
- TOP WITH BANANA.

## NOTES

- THIS CAN ALSO BE MADE INTO A SANDWICH.
- PEANUT BUTTER SHOULD NOT BE TAKEN TO SCHOOL. CONSUMPTION SHOULD BE MINIMISED IN THE WORKPLACE.

## NUTRITION INFORMATION

### BENEFITS OF 100% PEANUT BUTTER

- QUALITY SOURCE OF PROTEIN AND HEALTHY FAT.
- PROMOTES SATIETY.
- PROMOTES HEART AND NEURAL HEALTH.
- AIDS IN BALANCING BLOOD GLUCOSE WHICH ASSISTS IN MINIMISING DIABETES.

### BENEFITS OF WHOLEMEAL BREAD

- COMPLEX CARBOHYDRATE. SLOWLY CONVERTS TO BLOOD GLUCOSE WHICH SUSTAINS ENERGY FOR THE BODY AND THE MIND.
- QUALITY SOURCE OF DIETARY FIBRE WHICH AIDS DIGESTION, PROMOTES REGULAR BOWEL MOTIONS AND HELPS TO PREVENT BOWEL CANCER.

### BENEFITS OF BANANA

QUALITY SOURCE OF VITAMIN B6 AND VITAMIN C.

- LOW IN SODIUM AND HIGH IN POTASSIUM TO SUPPORT HEALTHY HEART AND BLOOD PRESSURE.

