



Peanut Butter & Apple Toast

1 serving

5 minutes

Ingredients

2 tbsps All Natural Peanut Butter
50 grams Sourdough Bread (toasted)
1/2 Apple (thinly sliced)
1/8 tsp Cinnamon
1/2 tsp Raw Honey

Nutrition

Amount per serving	
Calories	375
Carbs	47g
Fiber	5g
Sugar	16g
Protein	12g
Cholesterol	0mg
Sodium	245mg
Vitamin A	50IU
Vitamin C	5mg
Calcium	25mg
Iron	2mg
Vitamin D	0IU

Directions

- 1 Spread the peanut butter onto the toast and top with apple, cinnamon, and honey. Enjoy!

Notes

Leftovers: Best enjoyed immediately.

Serving Size: One serving is equal to one slice of toast with toppings.

Additional Toppings: Add hemp seeds.

Gluten-Free: Use gluten-free bread instead.

Nut-Free: Use sunflower seed butter or pumpkin seed butter instead.

Sourdough Bread: One slice of sourdough bread is equal to approximately 1 3/4 oz or 50 grams.