

## BANANA ON ENGLISH MUFFINS

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- GF, SOYF, SF, VG, VN

## INGREDIENTS

- 4 English Muffins
- 1/3 cup peanut butter
- 1/3 cup honey
- 2 bananas thinly sliced
- 1/8 tsp. cinnamon

SERVES 4

## NUTRITION INFO

## CALORIES

295

## TOTAL FAT

6g

## SAT. FAT

1.1g

## SODIUM

367mg

## TOTAL CARBS

47.8g

## FIBRE

4.1g

## SUGARS

34.8g

## PROTIEN

9.7g

## METHOD

- 1 Spread peanut butter evenly over muffins or crumpets.
- 2 Spread honey evenly over muffins or crumpets.
- 3 Top with bananas.
- 4 Sprinkle with cinnamon.