

RECIPE

# Rice cake with Peanut Butter & Banana



1 Serving

Calories: 150-200cals

Protein: 7g

Fat: 9g

Fiber: 3g

## Ingredients

- 1 organic plain rice cake
- 2 Tablespoons peanut butter
- ½ Banana
- 1 Teaspoon honey
- Dash of cinnamon

## Instructions

1. Layer peanut butter over the rice cake
2. Slice the banana and add it on top
3. Drizzle honey on top of the banana
4. Sprinkle a dash of cinnamon

## Tips

For less carbohydrates and sugar, take out the honey