



PEANUT BUTTER, BANANA AND CHIA TOAST

ReFuel Winter 2019

Courtesy of: Caitlin Anderson



Method:

1. Toast bread.
2. Place prepared ingredients on top and enjoy!

Ingredients:

- Whole grain bread
- 1 tbsp natural peanut butter
- 1 tsp raw honey
- 1 medium sized banana, sliced
- ½ tsp chia seeds

Nutrition Information

Serves 1

Nutrient	Per serve
Energy	1421 kJ
Protein	10 g
Fat	13 g
Carbohydrate	41 g



HOT TIPS

Try sprinkling some chia seeds next time you enjoy this crowd favourite! While whole grains, nuts and banana provide excellent sources of dietary fibre to support gut health; chia seeds may assist with fluid balance for endurance athletes competing in humid conditions as well as providing a source of omega-3 fatty acids and non- haem iron!