

Fruity Peanut Butter Toast



Ingredients:

- 4 tablespoons favorite nut butter (peanut, almond, sunflower, hazelnut)
- 4 slices whole-grain bread
- 1 small apple, cored and sliced
- 1 small banana, sliced
- 1/4 cup mixed fruit
- 4 teaspoons chia seeds or milled flaxseeds

Instructions:

1. Toast the bread.
2. Spread one tablespoon of nut butter onto each slice of toasted bread.
3. Mix and match your favorite fruits and place onto the toast.
4. Sprinkle one teaspoon of the seeds onto each fruity nut butter toast.
5. Serve immediately.

Makes 2 servings.



Tarrant County Public Health
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