

Apple & Peanut Butter Toast

Total: 5 min. Active: 5 min. Yield: 1 serving.

Nutritional Information Per Serving

Calories: 294. Total Fat: 17g. Carbs: 21g. Protein: 11g.

Ingredients

- 1 slice whole grain bread, toasted
- 2 tablespoons peanut butter
- 1/2 a sliced apple
- Pinch of cinnamon

Directions

Top toast with peanut butter, apple and cardamom.

