

## PB & B Wafflewich

Serves 1

### Ingredients

- 2 whole grain waffles, frozen
- 1 small banana, sliced
- 1 Tbsp peanut butter



### Directions

1. Place frozen waffles in a toaster on low heat setting (feel free to make homemade whole wheat waffles if you like!) until heated through.
2. Spread peanut butter on evenly on both waffles.
3. Top one waffle with sliced banana. Place other waffle on top to create a sandwich.

**Note:** You can substitute any nut butter for the peanut butter.

**Nutrition Information per Serving:** Calories: 370, Total Fat: 14gm, Saturated Fat: 2gm, Trans Fat: 0gm, Cholesterol: 0mg, Carbs: 55gm, Fiber: 7gm, Protein: 10gm, Sodium: 420mg

