

POSH TOAST



Prep Time: 2 minutes

Cook Time: 1 minute

Serves: 1

Nutritional information:

- Protein: 19g
- Fat: 20g
- Carbohydrate: 72g
- Calories: 546

Ingredients:

- 2 slices of good quality wholemeal bread
- 2 tbsp of nut butter
- 1 tbsp mixed seeds
- One chopped banana
- a drizzle of honey/ maple syrup/ agave syrup

Method:

1. Pop your toast in the toaster.
2. When it's done butter the bread with the nut butter.
3. Top with the chopped banana.
4. Scatter the mixed seeds over it and drizzle with honey.