

# Crunchy Sandwiches

## Ingredients (makes 1 serving)

- 1 mini Rice cake
- 1 teaspoon Sunbutter or peanut butter
- 1 slice of Banana

## Directions

1. Spread peanut butter on rice cake.
2. Cover peanut butter with bananas

Experiment with other fruits! ENJOY!

## Nutrition Information- Per serving

Calories	181	Total Sugars	8.8g	Sodium	103mg
Protein	5.4g	Total Fat	8.5g	Cholesterol	0mg
Carbohydrate	24g	Saturated Fat	1.8g	Fiber	2.9g



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