



Bagel Gone Bananas

Ingredients:

2 Tbsp. Natural nut butter such as almond, cashew or peanut

1 tsp. honey*

1 whole-wheat bagel split and toasted (1 oz.)

1 small banana, sliced

Stir together nut butter and honey, divide the mixture between bagel halves and top with banana slices.

Yield: 2 servings

Serving Size: each serving (1/2 bagel) provides a grains/breads and a meat/alternate

*Do not serve products containing honey to children less than 2 years of age.