Peanut Butter, Rice Cakes & Banana

RELIEF FROM DIARRHEA

5 Min. Prep | Makes 1 Serving

Ingredients

- 2 Rice cakes
- 1 Tbsp. peanut butter
- 1/2 Banana

Directions

1. Spread peanut butter on rice cakes and top with sliced banana.

Notes

Quick and easy snack.

Additional benefits:

- Great source of whole grains.

Nutrition Info

217 calories, 6g protein, 9g total fat, 2g saturated fat, 114mg sodium, 31g carbs, 3g fiber, 0g added sugars