Toast and banana

This is a great snack to increase your fibre intake, you should be aiming for at least 30g a day. The banana gives you half a portion of your 5 a day alternatively the whole banana on its own will still be under 100 kcals

Ingredients

- 1 small slice of wholemeal bread
- 40g (½) banana

Method

1. Toast the bread, top with sliced banana and enjoy

Nutrition per portion - 64g

<table>
<thead>
<tr>
<th></th>
<th>Energy 100kcal</th>
<th>Fat 0.8g</th>
<th>Saturates 0.1g</th>
<th>Sugars 7.9g</th>
<th>Salt 0.3g</th>
<th>Protein 3.3g</th>
<th>Carbs 19g</th>
<th>Fibre 2.4g</th>
</tr>
</thead>
<tbody>
<tr>
<td>% of an adult's reference intake</td>
<td>5%</td>
<td>1%</td>
<td>1%</td>
<td>9%</td>
<td>5%</td>
<td>7%</td>
<td>7%</td>
<td>-</td>
</tr>
</tbody>
</table>

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