



## 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 kcal



### 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

|                   |             |                   |                |              |                 |              |               |
|-------------------|-------------|-------------------|----------------|--------------|-----------------|--------------|---------------|
| Energy<br>100kcal | Fat<br>0.8g | Saturates<br>0.1g | Sugars<br>7.9g | Salt<br>0.3g | Protein<br>3.3g | Carbs<br>19g | Fibre<br>2.4g |
| 5%                | 1%          | 1%                | 9%             | 5%           | 7%              | 7%           | -             |

### % of an adult's reference intake

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