

OPEN TOP BANANA SANDWICH

Makes 1 adult serving



A great recipe for children to prepare for their break time or after-school snack

INGREDIENTS	EQUIPMENT
1 slice of bread (wholemeal or white un-sliced bread, 'muesli-style' bread or another un-sliced variety) or half a bagel 25g light soft cheese ½ small ripe banana – kept in the skin ½ level teaspoon ground cinnamon –optional	bread knife table knife or back of a spoon plate chopping board vegetable knife serving plate

METHOD

1. Slice the bread.
2. Peel and slice the banana.
3. Spread the bread with the cream cheese. Arrange the banana slices on the top.
4. Sprinkle with ground cinnamon (optional). Serve immediately.

RECIPE NOTES AND TIPS

- Thinly sliced apple, pear, pineapple and peach are also good toppings
- Seeds can be sprinkled instead of the cinnamon
- Let the coating become crisp before trying to turn the fishcakes over

ALLERGY AWARE

This recipe contains:

- Gluten (bread)
- Milk (cream cheese)

Per sandwich (102g)

	ENERGY	
	645kJ / 153kcal	8%
MED	FAT	
	4.0g	6%
MED	SATURATES	
	2.0g	10%
MED	SUGARS	
	9.5g	11%
MED	SALT	
	0.7g	12%

% of an adult's reference intake

Typical values per 100g : Energy 633kJ / 150kcal

647 Open Top Banana Sandwich

NUTRITION INFORMATION		
Typical Values	Amount per 100g	Amount per serving (102g)
Energy	633kJ / 150kcal	645kJ / 153kcal
Protein	3.9g	4.0g
Carbohydrate (of which sugars)	22.9g (9.4g)	23.3g (9.5g)
Fat (of which saturates)	3.9g (1.9g)	4.0g (2.0g)
Fibre	4.0g	4.1g
Salt	0.7g	0.7g