



## Banana Peanut Butter Triangles - 8 triangles

*Recipes from [www.naturalhealthyconcepts.com](http://www.naturalhealthyconcepts.com)*

2 bananas, mashed

1 tbsp honey

½ tsp pure vanilla extract

½ cup natural peanut butter

6 pieces whole grain bread

Ground cinnamon

Preheat oven to 400°. Mix bananas, honey, vanilla, and peanut butter together until smooth. Spread half of mixture on 2 pieces of wheat bread. Place 2 more pieces of the bread on top to make 2 sandwiches. Spread remaining mixture on top of sandwiches. Top with the last 2 slices of bread making 2 triple-decker sandwiches. Cut each sandwich into 4 triangles and place onto ungreased cookie sheet. Sprinkle ground cinnamon lightly on the triangles and bake for 10 minutes - serve warm. For a variation and even more nutrition, substitute almond butter or cashew butter for the peanut butter.

Per 2 Triangles: Calories 365, Protein 16g, Carbs 42g, Fat 17g, 0 TransFat

Beneficial Nutrients: B1, B2, B3, B5, B6, Calcium 156mg, Iron 4.8mg, Magnesium 17mg, Potassium 235mg