



Banana, Almond & Yogurt Toast

This healthy recipe is so simple and yet so delicious – combining the sweetness of banana, honey and cinnamon with the tang of yogurt on a healthy base of Bürgen® Rye Bread. This delicate treat is perfect either for breakfast or as a snack – any time of day.

Ingredients:

2 slices Bürgen® Rye Bread
1 banana, sliced
1 small tub reduced fat probiotic yogurt
1 tsp honey
Slivered almonds
Cinnamon, for dusting

Preparation:

Preparation time: 5 minutes; Serves 1.

1. Toast 2 slices of bread, cook until golden brown. Spread both pieces of toast with honey then top with banana slices.
2. Spoon on yogurt and sprinkle the almonds on top. Dust with cinnamon and serve immediately.

- + High fibre foods help to maintain a healthy digestive system. This recipe contains 43% of your Daily Intake for fibre.*
*% Daily Intake is based on an average adult diet of 8700kJ. Your daily intakes may be higher or lower depending on your energy needs.
- + Prebiotics increase the level of good bacteria in our bodies, which helps to achieve digestive balance. This recipe includes probiotics yogurt which contains live bacterial cultures (Lactobacillus, Acidophilus and Bifidus) which may help to boost the number of good bacteria in our bodies.

Average Nutritional Information per serve	
Energy	1542 kJ
Protein	15.3 g
Fat	6.6 g
Saturated Fat	1.2 g
Carbohydrate	54.9 g
Sugars	24.9 g
Fibre	13.1 g
Sodium	364 mg