

# Peanut Butter, Rice Cakes & Banana

RELIEF FROM DIARRHEA

5 Min. Prep | Makes 1 Serving

## Ingredients

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- 2 Rice cakes
  - 1 Tbsp. peanut butter
  - 1/2 Banana
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## Directions

1. Spread peanut butter on rice cakes and top with sliced banana.

## Notes

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Quick and easy snack.

Additional benefits:

- Great source of whole grains.

## Nutrition Info

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217 calories, 6g protein, 9g total fat, 2g saturated fat, 114mg sodium, 31g carbs, 3g fiber, 0g added sugars

