

RICE CAKES LAYERED WITH LOW-FAT PEANUT BUTTER, TOASTED WHEAT GERM, BANANAS, AND HONEY

“This snack is great for hungry kids after school. Other nut butters, such as cashew, almond, and hazelnut, are alternatives to peanut butter”.

Ingredients:

- ❖ 4 salt-free rice cakes
- ❖ 8 teaspoons low-fat peanut butter
- ❖ 4 teaspoons toasted wheat germ
- ❖ 1 banana, peeled and thinly sliced
- ❖ 4 teaspoons honey
- ❖ raisins (optional)

Directions:

- ❖ Layer each rice cake with 2 teaspoons peanut butter, 1 teaspoon wheat germ, and several slices of banana.
- ❖ Drizzle with honey.
- ❖ Sprinkle with raisins, if desired.

The Food and Mood Cookbook by Elizabeth Somer: page 49