



PB & J Banana Topped Rice Cake

QUAKER

Servings: 1

PB & J Banana Topped Rice Cake



Ingredients

- 1 Quaker® Rice Cake Lightly Salted
- ½ tablespoon peanut butter
- ½ tablespoon raspberry jam
- ½ large banana, sliced



Preparation

1. Spread nut butter on one half of rice cake and raspberry jam on the other half.
2. Top with banana slices and enjoy!

NUTRITION FACTS (PER SERVING):

170 calories, 5 g fat, 1 g sat fat, 0 mg cholesterol, 70 mg sodium, 32 g total carb, 3 g fiber, 14 g sugar, 3 g protein, 0% DV calcium, 0% DV vitamin D, 8% DV vitamin C, 0% DV vitamin A, 6% DV potassium, 2% DV iron, 4% DV thiamin, 10% DV magnesium, 5 g added sugar

QUAKER