

# BALANCED BAGEL

Here is a quick and easy energy burst to get you going anytime of the day – perfect for breakfast, lunch or snack!

## ALL YOU NEED:

- ½ whole wheat bagel
- 2 tbsp peanut or almond butter
- ½ banana, sliced
- 1 tbsp mini dark chocolate chips



## ALL YOU DO:

1. Spread peanut butter on bagel and top with banana slices and chocolate chips.

## NUTRITION FACTS PER SERVING: SERVES 1

Calories: 490; Carbohydrate: 67g; Cholesterol: 0mg; Dietary Fiber: 10g; Fat: 22g; Protein: 15g;  
Saturated Fat: 7g; Sodium: 370mg; Trans Fats: 0g