

# Peanut Butter & Apple Toast



**220Kcals per portion**

## *Ingredients*

3 teaspoons creamy peanut butter

1 slice 100% whole wheat bread, toasted

¼ apple, cored and sliced

1 Pinch ground cinnamon

*Spread peanut butter on toast. Arrange apple slices on top of the peanut butter and sprinkle with cinnamon.*

