

Sunflower Butter and Banana Comfort Toastie

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 4 tbsp sunflower seed butter
- 1/2 banana sliced
- 1/2 tsp ground cinnamon

Instructions:

1. Slather 2 toasties with sunflower butter. Top with banana and sprinkle with ground cinnamon.

Notes:

Almond butter would be tasty on this toastie too.