

## **Peanut Butter Banana Toast**

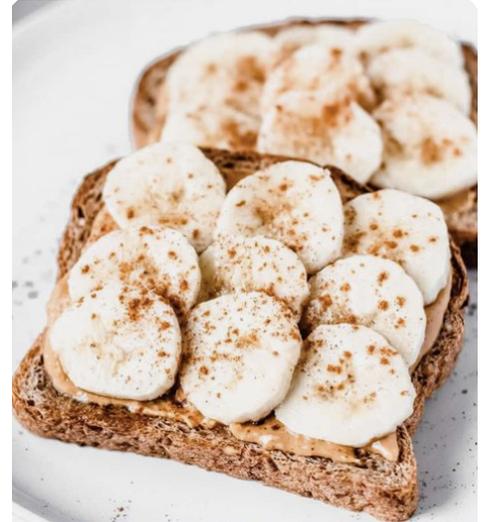
**Maintenance foods to use:** Wheat Bread, Peanuts (only if your child is in tolerance dosing and is approved to use peanut butter)

**Ingredients:**

- Sara Lee wheat bread
- Jiff or Skippy peanut butter
- Banana
- Optional: cinnamon powder, chocolate spread / Nutella

**Instructions:**

1. Toast your bread
2. Spread a layer of peanut butter
3. Optional: spread a layer of chocolate / Nutella
4. Slice up your banana and place it on the bread
5. Sprinkle cinnamon on top
6. Serve! Great with a glass of milk



Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients:** wheat, peanut