



Weet-Bix Topped with Banana & Nuts

Ingredients	
Weet-Bix	3 biscuit
Banana, raw	0.50 medium (100g)
Almonds, flaked	3 tablespoon (20mL)
Full fat milk	1 cup (250mL)
Brown sugar	2 teaspoon



Makes 1 Serves (393g per serve)

Meal Time

Breakfast

Description

A tried and true cereal with toppings to keep you fuller for longer!

Methods

1. Place the Weetbix in a bowl.
2. Top with sliced banana, nuts and sugar.
3. Add milk to serve.

Meal Tags

Pescatarian Friendly, Vegetarian Friendly, Simple, Halal Friendly

Nutrition Tags

Low Sodium, Soy Free, Egg Free, Seafood Free, High Protein, Medium Serve

Analysis Summary		
	Quantity per Serving	Quantity per 100g
Weight (g)	393g	100.00g
Energy (kJ)	2,400kJ	611kJ
Protein (g)	22g	6g
Fat (g)	25g	6g
Carbohydrate (g)	66g	17g
Sugar (g)	30g	8g
Fibre (g)	6g	2g
Sodium (mg)	238mg	61mg