



Toast with honey, sliced banana, and chia seeds.

Wholegrain toast with honey and banana (option is to sprinkle some chia seeds on top). A perfect simple light lunch or pre-session carbohydrate snack.

Serves: 1, Prep time: 00:15, Cook time: -

Instructions

Toast the bread to your liking, spread the honey to your desired thickness, and slice the banana on top. Sprinkle some chia seeds on top to add extra nutrition in the form of omega - 3 fats, and protein.

A very simple snack yielding around 150kcal made up of a mixture of natural complex and simple carbs.

I have this in the late afternoon when I have an evening training session before dinner.

Ingredients

- 1-2 Whole Grain Bread (toasted)
- 1 tablespoon Honey
- 1 teaspoon Chia seeds