



Almond Butter Fruit Toast

PREP: 5 min

INGREDIENT LIST:

- 2 Tbsp. almond butter
- 1 tsp Cinnamon
- 1/4 cup blueberries or sliced bananas (or both)
- 1/2 tsp. chia seeds (optional)
- 1/2 tsp. hemp seeds (optional)
- To taste Honey
- 2 slices of bread
- 1 cup oat milk or your favorite milk

RECIPE INSTRUCTIONS:

1. Toast your bread.
2. Spread almond butter across both pieces of toast.
3. Drizzle honey on top of the toast to your taste.
4. Sprinkle cinnamon on top.
5. Place blueberries (or sliced bananas) on top of the toast.
6. Sprinkle chia seeds and hemp seeds on top.
7. Serve with oat milk or your favorite milk and sprinkle with cinnamon.

