

Breakfast

Banana Cashew Lettuce Wrap

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Serves: 2

Preparation Time: 5 minutes

Ingredients:

1/4 cup raw cashew butter

12 romaine lettuce leaves

2 bananas, thinly sliced

Instructions:

Spread about 1 teaspoon cashew butter on each lettuce leaf. Lay a few banana slices on the butter and roll up like a burrito.

Note: This makes a delicious, healthy breakfast or snack.

Per Serving:

CALORIES 321; PROTEIN 9g; CARBOHYDRATES 41g; TOTAL FAT 16.7g; SATURATED FAT 3.3g; SODIUM 19mg; FIBER 7.2g; BETA-CAROTENE 8810ug; VITAMIN C 17mg; CALCIUM 75mg; IRON 3.5mg; FOLATE 274ug; MAGNESIUM 138mg; ZINC 2.2mg; SELENIUM 5.5ug

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