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Banana Tahini Toast ♦

Banana Tahini Toast is a delicious and nutritious vegan breakfast option. It combines the creamy richness of tahini with the natural sweetness of bananas. This recipe is perfect for those following a vegan or plant-based diet.

Recipe Type: Vegan

Prep Time: 5 mins

Cook Time: 5 mins

Total Time: 10 mins

Recipe Yield: 100 grams

Number of Servings: 2

Serving Size: 50 g

Ingredients

200 g	Bananas
50 g	tahini
4 slices	bread
1 tsp	Cinnamon

Directions

Step 1

Toasting

Toast the bread slices until golden brown.

Prep Time: 2 mins

Cook Time: 3 mins

Step 2

Spreading

Spread tahini evenly on each toasted bread slice.

Prep Time: 1 mins

Cook Time: 0 mins

Step 3

Slicing

Slice the bananas and arrange them on top of the tahini-covered bread slices.

Prep Time: 2 mins

Cook Time: 0 mins

Step 4

Sprinkling

Sprinkle cinnamon on top for added flavor.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 230 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 36 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	36 g	65.45%	72%
Fibers	6 g	15.79%	24%
Sugars	15 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	2 iu	0.22%	0.29%
Vitamin C	15 mg	16.67%	20%
Vitamin B6	15 mg	1153.85%	1153.85%
Vitamin B12	0 mcg	0%	0%
Vitamin E	10 mg	66.67%	66.67%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	10 mg	0.43%	0.43%
Calcium	6 mg	0.6%	0.6%
Iron	10 mg	125%	55.56%
Potassium	450 mg	13.24%	17.31%
Zinc	8 mg	72.73%	100%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer

Events

Picnic

Cuisines

French

Mediterranean

Course

Salads

Snacks

Cultural

Chinese New Year

Diet

The Whole30 Diet

Vegetarian Diet

Vegan Diet

Raw Food Diet

Pescatarian Diet

Ovo-Vegetarian Diet

Lacto-Vegetarian Diet

Lacto-Ovo Vegetarian Diet

Fruitarian Diet

Engine 2 Diet

Blood Type Diet

Ayurvedic Diet

Traditional Chinese Medicine (TCM) Diet

Meal Type

Breakfast

Brunch

Snack

Difficulty Level

Easy

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