



The Lifter's Loaded Rice Cakes

Macros: 280 Calories; 9g Protein; 38g Carbs; 14g Fat

Ingredients

- 2 thick, plain brown rice cakes
- 2 tbsp natural peanut butter or sunflower seed butter
- 1/2 medium banana, thinly sliced
- 1 tsp hemp hearts
- 1/2 tsp ground cinnamon
- Optional: A very light drizzle of raw honey

Directions

- Spread 1 tablespoon of peanut butter evenly over each rice cake.
- Arrange the thin banana slices in a neat, overlapping circular pattern on top of the peanut butter.
- Sprinkle the hemp hearts and a dusting of cinnamon over the bananas.
- Add a microscopic drizzle of honey across the top for a glossy finish.