



INVICTUS
SPORTS PERFORMANCE & FITNESS



THE LIFTER'S LOADED RICE CAKES

280 Calories | 9g Protein | 38g Carbs | 14g Fat

INGREDIENTS

- 2 thick, plain brown rice cakes
- 2 tbsp natural peanut butter or sunflower seed butter
- ½ medium banana, thinly sliced
- 1 tsp hemp hearts
- ½ tsp ground cinnamon
- Optional: A very light drizzle of raw honey

DIRECTIONS

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