



## Quick Open Sided Banana Sourdough Bread

*Time: Less than 30 minutes*

*Created by PlantLifeForward*

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- + 4 Slices of sourdough bread.
- + 4 Teaspoons of Organic coconut oil.
- + 1 Small organic apple.
- + 1 Small bowl.
- + 1 Ripe banana.
- + 1 Fork.
- + 1 Tablespoon.
- + Plate.

*In photograph is an organic non-gmo sourdough bread loaf from Native Sun.*

- + Preheat toaster oven to 350 degrees Fahrenheit.
- + Meanwhile, peel banana and place into small bowl.
- + Take fork and mash banana in small bowl into a banana paste, then set aside.
- + Place the sourdough bread slices on middle rack into oven and toast for 3 to 5 minutes (bread toasted as light or dark as you desire).
- + Remove toasted sourdough bread slices from toaster oven and place them on plate.
- + Spread 1 teaspoon of organic olive oil on each toasted sourdough bread slices.
- + Next, spread 1 tablespoon of the banana paste onto each toasted sourdough bread slices.
- + Place apple on side of plate.
- + Enjoy!

### **Variations:**

- Add ¼ teaspoon of cinnamon and ½ cup of dried cranberries into the banana paste, stir together, and spread onto each slice of toasted bread.
- Spread banana paste onto one side of two slices of toasted bread, place other two slices of bread on top, for a delicious healthy sandwich.