

Spicy Peanut Butter & Banana Toast with Tomato Salsa

A unique sweet and savory twist on traditional toast, featuring creamy peanut butter, ripe banana, and a zesty tomato salsa infused with spices. Perfect for a quick breakfast or snack!


15 min

Total time

easy

Difficulty

350

kcal / serving

Ingredients

- 1 slice of whole-grain bread
- 1 banana, sliced
- 2 tablespoons peanut butter
- 1 small onion, finely chopped
- 1 small tomato, diced
- 1 clove garlic, minced
- 1/4 teaspoon chili powder
- 1/4 teaspoon turmeric powder
- Salt to taste
- Fresh cilantro (optional, for garnish)

Steps

- 1 Toast the slice of whole-grain bread until golden brown.
- 2 In a small bowl, combine the diced tomato, chopped onion, minced garlic, chili powder, turmeric powder, and salt. Mix well to create the salsa.
- 3 Spread the peanut butter evenly over the toasted bread.
- 4 Layer the banana slices on top of the peanut butter.
- 5 Spoon the tomato salsa over the banana slices.
- 6 Garnish with fresh cilantro if desired and serve immediately.