

Sunflower Banana Boat

4 ingredients · 5 minutes · 1 serving



Directions

1. In a small bowl, whisk the sunflower seed butter and water together until all lumps disappear and a thin consistency is reached.
2. Slice the banana lengthwise or into coins. Drizzle with sunflower seed butter and sprinkle the shredded coconut on top. Enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to one day. Best enjoyed the same day.

Additional Toppings

Top with cinnamon, nutmeg, raisins, sunflower seeds, hemp seeds, coconut cream, yogurt or whipped aquafaba.

Ingredients

- 1 **tblsp** Sunflower Seed Butter
- 1 **1/2 tbsps** Water (warm)
- 1 Banana (peeled)
- 1 **tblsp** Unsweetened Shredded Coconut

Nutrition

Amount per serving

Calories	237	Cholesterol	0mg
Fat	13g	Sodium	4mg
Carbs	32g	Vitamin A	84IU
Fiber	5g	Vitamin C	11mg
Sugar	16g	Calcium	18mg
Protein	4g	Iron	1mg