

# Sunflower Banana Boat

4 ingredients · 5 minutes · 2 servings



## 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

- 2 **tbps** Sunflower Seed Butter
- 3 **tbps** Water (warm)
- 2 Banana (peeled)
- 2 **tbps** Unsweetened Shredded Coconut

## Nutrition

Amount per serving

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