



✂ Snack ⏳ 20 min

## Snackbox with a peanut butter Chiquita banana sandwich, egg and fresh vegetables.

This lovely snackbox for your kids is packed full of healthy and nutritious food: egg, baby corn, little carrots, raspberries and Chiquita banana sandwich with peanut butter.

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Boil water in a pan and when the water is boiling, add the egg for approx. 10 minutes.

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Chop the Chiquita banana in pieces. Spread two slices of bread with the peanut butter and add the chopped Chiquita bananas on top of it. End with the other slices of bread. Cut the sandwiches.

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Clean the carrots and wash the raspberries and baby corn.

### INGREDIENTS FOR 2 PERSONS

- 1 Chiquita banana
- 4 slices of corn bread
- peanut butter
- 1 boiled egg
- 4 small carrot
- 2 fresh baby corn
- 1 cup of raspberries

### NUTRITIONAL VALUES PER PERSON

- 565 Calories
- 21,1 g Fat
- 4,1 g Saturates
- 64,4 g Carbohydrate
- 16,9 g Sugars
- 9,6 g Fibre
- 24 g Protein
- 1,2 g Salt

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Put everything in the snackbox.

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[#ChiquitaBanana](#)