

Side | Snack | Breakfast | Lunch

Berry Sunflower Seed Toast

Side Effect: Constipation

5 Mins
Prep Time

0 Mins
Cook Time

4
Servings

248 Calories **13g Fat** **28g Carbs** **9g Protein**

Ingredients

4 Servings **5 Mins Total Time** **Allergens: Gluten, Nuts**

4 Slices Whole Grain Bread

1 Container Mixed Berries, washed thoroughly

¼ Cup Smooth Peanut Butter

¼ Cup Roasted Sunflower Seeds

Allergen Swap

Gluten Replace the whole grain bread with a whole grain, gluten-free version.

Nuts Replace the nut butter with a seed-based butter such as Sunflower Butter®.



Berries

Berries contain insoluble fiber to help relieve constipation. They also are rich in a variety of antioxidants to help protect healthy cells from damage.



Whole Grain Bread

Whole grain bread contains insoluble fiber. Insoluble fiber helps to draw water and add bulk within the small intestines making it a great type of fiber for relieving constipation.



Sunflower Seeds

Seeds of all types, including sunflower seeds, contain high amounts of insoluble fiber important to relieving constipation. They also contain high amounts of vitamin E to help reduce inflammation and possibly lower the risk of other diseases.

Instructions

1. Wash Hands

Wash hands and all cooking surfaces with soap and warm water before beginning.

2. Toast Bread

Toast the bread.

3. Prepare Toppings

Spread 2 Tbsp of nut butter on each slice of bread. Place berries on top and sprinkle each slice with 2 Tbsp of sunflower seeds.

4. Refrigerate

Store remaining berries in the refrigerator after 2 hours. Berries will keep for up to 3 days.

5. Wash Dishes

Wash dishes in hot, soapy water. Sanitize cooking tools and surfaces, and thoroughly wash hands.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Toaster



Cutting Board



Knife



Measuring Spoon

Fatigue Buster

- **Berries:** Look for pre-sliced berries. Be sure to wash pre-sliced varieties before using to reduce the risk of food borne illness.
- **Whole Grain Bread:** Store unused slices in the freezer for up to 3 months.
- Enlist in the help of a trusted friend or family member to prepare this recipe.