

Nut butter Ryvita

(Serves 4)

Promote production of butyrate and reduce production of hydrogen sulphide with this recipe rich in fructooligosaccharides (FOS).



Ingredients:

- 8 Ryvita crackers
- 4 tbsp sunflower seed butter (can be replaced with nut butter of your choice)
- 2 bananas, sliced
- 4 tbsp honey

Method:

- Divide the Ryvita crackers evenly across 4 plates.
- On each cracker, spread $\frac{1}{2}$ tbsp of nut butter, top with sliced banana, and drizzle with $\frac{1}{2}$ tbsp honey.