

Peanut Butter Banana Rice Cakes That Make the Easiest Healthy Snack

4 plain or lightly salted rice cakes



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INGREDIENTS

- 4 plain or lightly salted rice cakes
- 1/2 cup creamy peanut butter
- 2 bananas, sliced
- 1 teaspoon honey, optional
- 1/2 teaspoon cinnamon, optional
- 1 tablespoon chia seeds or hemp hearts, optional
- Mini chocolate chips or chopped peanuts for topping, optional

DIRECTIONS

1. Lay out the rice cakes. Place the rice cakes on a plate or cutting board so they're ready for topping.
2. Spread the peanut butter. Divide the peanut butter evenly among the rice cakes, spreading it all the way to the edges.
3. Add the banana slices. Layer sliced bananas over the peanut butter so each bite gets a little of everything.
4. Add optional toppings. Drizzle with honey, then sprinkle with cinnamon, chia seeds, chopped peanuts, or mini chocolate chips if you want extra flavor and texture.
5. Serve immediately. These are best enjoyed right away while the rice cakes stay crisp.

SWAPS & NOTES

You can use brown rice cakes, thin rice cakes, or even flavored rice cakes depending on what you like best.

Plain rice cakes give you the most flexibility, but lightly salted ones can create a nice sweet-and-salty contrast.

Creamy peanut butter spreads the easiest, but crunchy peanut butter adds extra texture.

If you need a peanut-free option, almond butter or sunflower seed butter also work nicely.

TIPS FOR SUCCESS

The main trick with this recipe is assembling it right before eating.

Rice cakes can soften over time once topped, especially with peanut butter and banana, so they're best when fresh.

Use room-temperature peanut butter for easier spreading.

If your peanut butter is very thick, a quick stir helps make it smoother and more spreadable.

