



Banana Roll-Ups

Servings 1 | Prep time 5 mins. | Total time 5 mins.

Equipment:

Cutting board

Utensils:

Knife

Measuring cups and spoons

Ingredients

- 1 whole wheat tortilla
- 1 tablespoon peanut butter OR nut butter
- 1 sprinkle ground cinnamon
- 1 banana
- 1 tablespoon raisins
- 1 tablespoon unsalted nuts, chopped (optional)

Instructions

1. Before you begin, wash your hands, surfaces, and utensils.
2. Spread a layer of peanut butter across the tortilla, leaving an inch of space around the edge.
3. Sprinkle with raisins, nuts (if using), and cinnamon. Place the banana in the middle of the tortilla.
4. Roll the tortilla tightly around the banana and slice into 8 pieces.

Nutritional Information:

Calories 360

Total Fat 12g

Sodium 380mg

Total Carbs 62g

Protein 9g