



Banana Roll-Ups

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

Equipment: Cutting board, measuring cups and spoons

Utensils: Knife

Ingredients

- 1 8-inch whole wheat tortilla
- 1 tablespoon nut butter, any type
- Sprinkle of cinnamon
- 1 banana
- 1 tablespoon raisins
- 1 tablespoon chopped nuts (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 and 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