

PEANUT BUTTER BANANA ROLL-UPS

Serves 1

INGREDIENTS

- 1 whole-wheat flour tortilla (8 inch)
- 2 Tablespoons peanut butter
- 1/4 teaspoon cinnamon
- 1 medium banana



DIRECTIONS

1. Spread peanut butter evenly over tortilla.
2. Sprinkle cinnamon over top.
3. Place banana in center of tortilla.
4. Roll up tortilla.
5. Eat whole or slice into rounds.
6. Eat with low-fat Greek yogurt or milk.

NUTRITION INFORMATION PER SERVING:

Calories: 408, Total Fat: 19g, Saturated Fat: 4g, Cholesterol: 0mg, Sodium: 294 mg, Carbohydrate 48g,
Fiber: 8g, Sugar: 18g, Added Sugar: 2g, Protein: 13g

SOURCE:

Melinda Mahoney, RDN, LDN, Health *Plus*



Health *Plus*: Advancing healthy lifestyle practices.