



## Peanut Butter and Banana Roll-up Large

This is a great recipe to make with your child. They can assist you in this fun and easy snack food

<u>U.S.</u>		<u>Metric</u>
1/4 cup	Peanut Butter, no sugar added, smooth	59.15 ml
2 large	Tortillas, whole wheat	2 large
2 Tbsp	Honey	30.0 ml
2 medium	Banana	2 medium

### Preparation:

1. Gather all ingredients and equipment.
2. Spread the peanut butter evenly across the two tortillas.
3. Drizzle honey over the peanut butter once it is in the even layer.
4. Peel banana and place in the center of each tortilla. Fold the tortilla around the
5. Cut in half and serve!

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<b>Nutrition Facts</b>	
<b>Serving size</b>	<b>1/2 roll-up</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	230
Calories from Fat	70
Total Fat	8 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	36 g
Dietary Fiber	5 g
Sugars	18 g
Protein	7 g
Vitamin A	2 %
Calcium	0 %
Vitamin C	10 %
Iron	2 %
Phosphorus	15 mg

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