



Peanut Butter and Banana Roll-up

This is a great recipe to make with kids. They can assist you with this fun and easy snack!

U.S.

1/4 cup
2 large
2 Tbsp
2 medium

Peanut Butter, no sugar added, creamy
Tortillas, whole wheat
Honey
Banana

Metric

64 g
2 large
30 ml
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 banana.
5. Cut in half and serve!

Nutrition Facts

4 Servings

Serving size 1/2 roll-up

Amount per serving

Calories 240

Calories from Fat 80

Total Fat 9 g

Saturated Fat 1.5 g

Trans Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg

Sodium 140 mg

Total Carbohydrate 36 g

Dietary Fiber 4 g

Total Sugars 18 g

Includes 9g Added Sugars

Protein 6 g

Vitamin D 0 %

Calcium 0 %

Iron 2 %

Potassium 250 mg

Phosphorus 15 mg
