

Peanut Butter and Banana Roll-up

Peanut Butter and Banana roll-ups are a fun and easy recipe that are great to make with kids. These tasty snacks come together quickly using just a few healthy ingredients.

YIELD 4 SERVINGS	PREP TIME 10 MIN	TOTAL TIME 10 MIN
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INGREDIENTS

1/4 cup	Peanut Butter, no sugar added, creamy
2 each	Tortillas, whole wheat, large
2 Tbsp	Honey
2 each	Banana, medium

CHEF'S NOTES

Peanut butter and banana make for a great combination. Combining the two with honey and a whole wheat tortilla makes for the perfect sandwich or snack.

Whole wheat tortillas are a healthier alternative to traditional flour tortillas. They have more protein and dietary fiber, keeping you feeling fuller longer and fueled for the day!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
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 per container

Serving Size 1/2 roll-up (108 g)

Amount per serving

Calories 250

% Daily Value *

Total Fat 10g 12%

Saturated Fat 2g 9%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 190mg 8%

Total Carbohydrate 36g 13%

Dietary Fiber 4g 14%

Total Sugars 17g

Includes 0g Added Sugars 0%

Protein 6g 12%

Vitamin D 0mcg 0%

Calcium 3mg 0%

Iron 0.15mg 0%

Potassium 200mg 4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe by Health meets Food, "Peanut Butter and Banana Roll-up", 10/17/18



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