

BANANA NUT Roll-up

Servings: **1**

Serving Size: **1** roll-up

Prep Time: **5** minutes



What You Need

- 1 whole wheat tortilla
- 1 ½ tablespoons peanut butter
- 1 teaspoon honey*
- 1 medium banana, peeled

Get Cookin'

- 1.** Warm the tortilla to soften (microwave for 15-20 seconds).
- 2.** Spread peanut butter evenly across the tortilla.
- 3.** Drizzle honey over peanut butter.
- 4.** Lay banana across the bottom half of the tortilla. Tightly roll tortilla around banana. Press gently to close roll-up.
- 5.** Cut in half and enjoy.

* Do not give honey to children under the age of one year.

Tip

You can also use 2 slices of whole wheat toast or an English muffin split in half instead of the tortilla. Spread the peanut butter on the toast or muffin, slice the banana, layer it on the peanut butter and drizzle with honey. Enjoy!