Banana in a Blanket

Yield: 1 serving
Total Time: 5 minutes

Ingredients
1 whole wheat tortilla or 1 slice whole wheat bread
2 Tablespoons peanut butter, almond butter, or sunflower butter
1 medium banana

Preparation Instructions
1. Lay tortilla or bread on plate. Spread peanut butter evenly on the tortilla or bread.
2. Peel the whole banana and place on the tortilla or bread. Roll up and eat.

Nutrition Analysis
Per serving: 400 calories; 18g fat (3.5g saturated, 0g trans); 0mg cholesterol;
280mg sodium; 55g carbohydrate (8g dietary fiber; 17g sugar); 13g protein.
Vitamin A 2%, Vitamin C 15%, Calcium 6%, Iron 10% Daily Value.

Modified from: www.pbhfoundation.org