

Peanut Butter and Banana Roll-up

Yield: 4 servings

Ingredients

¼ cup peanut butter, no sugar added, smooth
2 large tortillas, whole wheat
2 tablespoons honey
2 medium bananas

Instructions

1. Spread the peanut butter evenly across the two tortillas.
2. Drizzle honey over the peanut butter once it is in the even layer.
3. Peel banana and place in the center of each tortilla. Fold the tortilla around the banana.
4. Cut in ½ and serve!

Nutrition Information

Serving Size: ½ roll-up

Calories: 230
Total Fat: 8 g
Saturated Fat: 1 g
Monounsaturated Fat: 0 g
Sodium: 0 mg
Total Carbohydrate: 36 g
Dietary Fiber: 5 g
Sugars: 18 g
Protein: 7 g

Source: Spectrum Health Culinary Medicine and GRCC SICE



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