

Peanut Butter Roll-Up

Serves: 1

Ingredients:

- 1 whole wheat tortilla (8-inch)
- 1-2 Tbs peanut butter
- 1 banana

Instructions:

1. Spread peanut butter evenly over one side of the tortilla.
2. Place banana on the bottom third of the tortilla and gently roll it up. Press down slightly to help the peanut butter seal the roll-up closed.

Tips:

- Try adding honey for extra sweetness or granola for a crunch.
- Try substituting the banana with apple slices.

Source: FoodSmart Colorado