Peanut Butter and Banana Wrap

Makes: 1 Servings

Ingredients

1 whole wheat tortilla (small)
2 tablespoons peanut butter
1 teaspoon honey
1 tablespoon granola or crunchy cereal
1 banana

Directions

1. Lay tortilla on a plate. Mix peanut butter and honey together and spread evenly on the tortilla. Sprinkle cereal over peanut butter.
2. Peel, chop, and place banana on the tortilla and roll the tortilla.

Notes

Serving Size: 1 wrap

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	**460**	
Total Fat	21 g	
Protein	14 g	
Carbohydrates	58 g	
Dietary Fiber	7 g	
Saturated Fat	4 g	
Sodium	290 mg	