

Peanut Butter and Banana Roll Up

Keep these ingredients in your pantry for a quick fix breakfast or snack option. Make in advance and carry in an insulated lunch bag to work for an early breakfast, recovery snack, or afternoon snack. This is also an easy option for travel, on the sidelines or in a hotel room.

Ingredients:

- 8-inch whole wheat flour tortilla
- 2 Tablespoons smooth natural peanut butter
- 1 Small or medium banana, peeled
- 1 Teaspoon honey

Directions:

Combine peanut butter and honey in a small bowl. Spread the mixture evenly over tortilla. Place banana on the bottom third of the tortilla; being careful not to tear the tortilla, roll tightly. Slice crosswise into 8 pieces.

Nutrition Facts:

Servings: 1 Roll-up

Per serving:
Calories: 476
Total Fat: 18.4g
Saturated Fat: 3.1g
Total Carbs: 63.7g
Protein: 12.3g
Sodium: 446mg
Sugar: 24g
Potassium: 426g



Photo: <https://babyledweaningcookbook.com/peanut-butter-wraps>

Use some “Add-ons” to boost the nutrition and calorie value:

- 1/4 cup granola
- 1/4 cup raisins or other dried fruit
- 2 tbsp brownie batter hummus
- 2 tsp ground flax seed sprinkled throughout
- Add a cup of milk on the side for additional calcium and protein
- Add 1-2 hard-boiled eggs on side for additional protein

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