

Banana in a Blanket

Preparation time: 5 minutes

- 1 (6 inch) whole wheat tortilla
- 1 tablespoon reduced-fat smooth peanut butter
- 1 medium banana
- 1 teaspoon maple syrup or honey
- 1 tablespoon crunchy, nutty nugget cereal



Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel and place banana on the tortilla and roll the tortilla. Drizzle maple syrup or honey on top. Optional: garnish with more cereal on top.

Serves: 1

½ Cup of Fruit per Serving

Fruit and/or Veggie Color(s): White

Nutrition Information per serving: calories: 303, total fat: 6.4g, saturated fat: 1.2g, % calories from fat: 17%, % calories from saturated fat: 3%, protein: 9g, carbohydrates: 63g, cholesterol: 0mg, dietary fiber: 7g, sodium: 306mg

Each serving provides: An excellent source of fiber, and a good source of vitamin C, folate, magnesium and potassium.

Recipe was developed for Produce for Better Health Foundation by Chef Mark Goodwin, CEC, CNC. This recipe meets PBH and Centers for Disease Control & Prevention (CDC) nutrition standards that maintain fruits and vegetables as healthy foods.

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