



Banana in a Blanket

1 serving

This kid friendly recipe incorporates three food groups from MyPlate: Grain, Fruit, and Protein, ideal for breakfast or healthy snacks.



- 1 (6-inch) whole wheat tortilla
- 1 Tablespoon creamy peanut butter
- 1 Tablespoon cereal, crunchy nugget type *or* other variety
- 1 banana, gently rubbed under cold running water
- 1 teaspoon honey *or* maple syrup (optional)
- 1. Wash hands with soap and water.
- 2. Lay tortilla on a plate.
- 3. Spread peanut butter evenly on the tortilla.
- 4. Sprinkle cereal over peanut butter.
- 5. Peel the banana and place on the tortilla.
- 6. Drizzle honey or maple syrup on banana (optional).
- 7. Roll the tortilla up.

Nutrition Information per Serving: (1 serving) Calories 340, Total Fat 10g, Saturated Fat 2.5g, Cholesterol 0 mg, Sodium 200mg, Total Carbohydrate 58g, Dietary Fiber 4g, Sugars 25g, includes 7g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%.

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