



STRAWBERRY BANANA PEANUT BUTTER QUESADILLAS

January 24

National Peanut Butter Day

INGREDIENTS

- 4 Tortillas (enriched or whole grain, at least 1 ounce each)
- 8 Tablespoons Creamy Peanut Butter or Other Nut Butter
- ½ Cup Sliced Strawberries
- ½ Cup Sliced Banana
- ¼ Teaspoon Cinnamon

DIRECTIONS

1. Spray a medium skillet with cooking spray and heat over medium heat.
2. Spread 2 tablespoons of peanut butter on each tortilla.
3. Arrange 2 tablespoons of strawberries and 2 tablespoons of bananas on each tortilla and sprinkle with cinnamon.
4. Fold the tortilla in half and place on the skillet. Cook for 2 minutes and then flip and cook for an additional 2 minutes.

MEAL PATTERN CONTRIBUTION

-  Grain
-  Fruit

MEAL TYPE

-  Snack

YIELD

4 Quesadillas

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Quesadilla	½ Quesadilla	1 Quesadilla	2 Quesadillas