



# PEANUT BUTTER, BANANA AND GRANOLA WRAP

*April 19*

National Banana Day




## INGREDIENTS

- 4 - 8" Tortillas (enriched or whole grain rich)
- 4 Cups Banana Slices
- 8 Tablespoons Peanut Butter or Nut Butter Alternative
- ½ Cup Granola with 6 grams or less of sugar per dry ounce
- 4 Teaspoons Honey

## DIRECTIONS

1. Spread the peanut butter evenly on the tortilla.
2. Sprinkle the diced banana and granola evenly over the peanut butter, then drizzle with the honey.
3. Tightly roll up the tortilla like a burrito.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Grain
-  Fruit

## MEAL TYPE

 Snack

## YIELD

4 Wraps

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Tortilla	½ Tortilla	1 Tortilla	1 Tortilla