



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 330, Total Fat 9 g (14% DV), Saturated Fat 1.5 g (9% DV), Cholesterol 0 mg (0% DV), Sodium 300 mg (12% DV), Total Carbohydrate 64 g (21% DV), Dietary Fiber 7 g (30% DV), Sugars 29 g, Protein 9 g, Vitamin A 2%, Vitamin C 15%, Calcium 2%, Iron 20%.

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