

Banana in a Blanket

Number of Servings: About 1

Ingredient

1 each	6" flour torilla
1 each	6" fresh banana
1 Tbsp.	creamy peanut butter
1 Tbsp.	apple butter

Nutrients per serving

Nutrition Facts	
Serving Size 1 Blanket Full (164g)	
Servings Per Container About 1	
Amount Per Serving	
Calories 310	Calories from Fat 100
% Daily Value*	
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 250mg	10%
Total Carbohydrate 49g	16%
Dietary Fiber 5g	20%
Sugars 20g	
Protein 7g	
Vitamin A 2%	• Vitamin C 15%
Calcium 4%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Instructions

1. Spread peanut butter on one half of the tortilla. Spread apple butter on the other half of the tortilla.
2. Place banana on the apple butter side of the tortilla and roll until you meet the other side of the tortilla.
3. Seal with peanut butter.

This recipe can be part of a well balanced food plan.

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