

## Ingredients:

- 1 (6 inch) whole wheat tortilla
- 1 tablespoon reduced-fat smooth peanut butter
- 1 tablespoon granola cereal
- 1 medium banana, peeled
- 1 teaspoon honey\*

## Directions:

1. Wash hands with warm water and soap.
2. Put the tortilla on a plate and spread peanut butter evenly on the tortilla
3. Sprinkle the granola on the peanut butter
4. Place the banana on the tortilla
5. Roll the tortilla up
6. Drizzle the honey on top (or put honey on the inside if child will use hands to eat).

\*Honey should not be fed to infants less than one year of age

## Nutrition Facts (Per Serving)

Calories, 360; Carbohydrate, 65 g; Protein, 10 g; Total Fat, 10 g;  
Saturated Fat, 2.5 g; Trans Fat, 0 g; Cholesterol, 0 mg; Fiber, 7 g; Total  
Sugars, 23 g; Sodium, 400 mg; Calcium, 9 mg; Folate, 36 mcg; Iron, 1 mg;  
Percent of Calories from Fat, 25%

Recipe adapted from the Cool Fuel Cookbook for Kids and Produce for  
Better Health Foundation (PBH).

Serves 1

---



# Banana in a Blanket

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

<https://www.azhealthzone.org/recipes>