

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 340, Total Fat 10g, Saturated Fat 2.5g, Cholesterol 0 mg, Sodium 200mg, Total Carbohydrate 58g, Dietary Fiber 4g, Sugars 25g, includes 7g Added Sugars, Protein 8g, Vitamin D 0%, Calcium 4%, Iron 10%, Potassium 10%.