

Banana Wrap

Serving Size: 1 Wrap | Servings per Recipe: 1 | Heart Healthy



INGREDIENTS

- 1 tablespoon peanut butter (or any nut butter)
- 1 whole wheat tortilla
- 1 medium banana
- ½ tablespoon honey
- 1 heaping tablespoon raisins

DIRECTIONS

- Lay the tortilla flat on a plate.
- Spread peanut butter evenly over the tortilla.
- Place the banana near one edge of the tortilla.
- Drizzle honey over the banana and sprinkle raisins on top.
- Roll up the tortilla tightly around the banana.
- Slice in half if desired, and enjoy!



Calories per serving: 331 | 9 g total fat | 65 g total carbohydrates | 180 mg sodium | 8 g protein