

## Banana Wraps

*Easy enough for preschoolers to wrap and roll!*

1 wrap

### Ingredients:

- 2 to 3 tablespoons peanut butter, smooth or crunchy
- 1 (8-inch) flour tortilla
- 1 whole banana

### Directions:

1. Spread peanut butter on one side of tortilla.
2. Peel banana and roll up tightly in tortilla.
3. Slice into pinwheels or serve whole.

**Nutrition Facts:** One wrap provides 460 calories, 20g total fat, 0mg cholesterol, 380mg sodium, 61g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension  
Family Nutrition Program

**Kids a Cookin'**

www.kidsacookin.ksu.edu

**Chef's Choice**  
Banana Wraps  
Milk

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