

Banana Wraps

Easy enough for preschoolers to wrap and roll!



Level: Easy

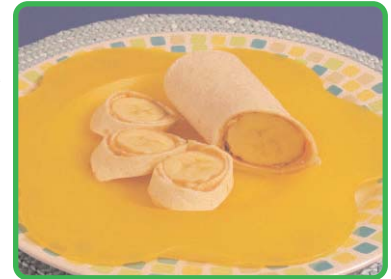
Makes: 1 wrap

Kids' Tool Kit

Plastic knife
Cutting board
Tablespoon

Ingredients:

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



Chef's Choice

Banana Wraps
Milk



Directions:

Remember to wash your hands!

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.



Helpful Hints: If a child is allergic to peanut butter, try substituting cream cheese. Either way, this kid-friendly snack is nutritious and can be made ahead for a walk to the park. Just spread the peanut butter on the tortilla at home and fold it. At snack time, unfold the tortilla, peel the banana and roll it up. Kids will love the handheld all-in-one snack!



Safety Tip: Don't offer peanut butter to children younger than three or four years of age. To prevent choking, spread only a thin layer on bread or wraps. The banana in this wrap makes the peanut butter less sticky and easier to swallow.

Nutrition Facts

Serving Size 1 wrap (199g)
Servings Per Container 1

Amount Per Serving
Calories 460 Calories from Fat 180

% Daily Value*

Total Fat 20g **31%**

Saturated Fat 4.5g **22%**

Cholesterol 0mg **0%**

Sodium 380mg **16%**

Total Carbohydrate 61g **20%**

Dietary Fiber 6g **25%**

Sugars 25g

Protein 14g

Vitamin A 2% • Vitamin C 20%

Calcium 8% • Iron 15%

*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

For more information about this recipe and other fun recipes: contact your county extension office in Kansas visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.