

# Peanut Butter Roll Up

Kids! Now is your chance to flatten and roll up your food.  
P.S. It's a real recipe!

 Level: Easy

Serves 1

## Kids' Tool Kit

Rolling pin  
Grater  
Knife  
Measuring spoon  
Cutting board



## Ingredients:

1 slice whole wheat bread  
2 tablespoons peanut butter  
2 tablespoons grated carrots



## Directions:

**Remember to wash your hands!**

1. Flatten bread with rolling pin or your hand.
2. Spread peanut butter on bread and sprinkle carrots on top.
3. Roll bread up tightly and eat or slice into pinwheels.

## Chef's Choice

Peanut Butter Roll Up  
Milk



**Helpful Hints:** There are many delicious and healthy variations of a good old peanut butter sandwich. The extra fun of flattening the bread and rolling it up may sell your child on a fun sandwich that has a vegetable as an ingredient. You may be pleasantly surprised to discover how much flavor the crunch of carrot adds to America's favorite sandwich.



**Safety Tip:** Graters may be difficult for young children to use. To avoid scraped fingers, a child might be better able to use a vegetable peeler to "grate" the carrot for this recipe.

## Nutrition Facts

Serving Size 1 sandwich (74g)  
Servings Per Container 1

Amount Per Serving

Calories 260    Calories from Fat 160

% Daily Value\*

Total Fat 18g    27%

Saturated Fat 3.5g    18%

Cholesterol 0mg    0%

Sodium 300mg    13%

Total Carbohydrate 20g    7%

Dietary Fiber 4g    17%

Sugars 5g

Protein 11g

Vitamin A 80%    •    Vitamin C 2%

Calcium 4%    •    Iron 8%

\*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 and other fun recipes: contact your county extension office or visit the Web site at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).