

Peanut Butter Roll-Up

Kids! Now is your chance to flatten and roll up your food!

1 serving

Ingredients:

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

Directions:

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.

Nutrition Facts: One roll up provides 260 calories, 18g total fat, 0mg cholesterol, 300mg sodium, 20g total carbohydrate

K-State Research and Extension
Family Nutrition Program

Kids a Cookin'

www.kidsacookin.ksu.edu

Chef's Choice
Peanut Butter Roll Up
Milk

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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.

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