

# Peanut Butter Banana Roll Ups

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**Yields 1 Serving**

## **Ingredients:**

- 2 tablespoons smooth natural peanut butter or sunflower seed butter
- 1 teaspoon honey
- 1 8-inch whole-wheat flour tortilla, at room temperature
- 1 medium banana, peeled



## **Directions**

1. Combine peanut butter and honey in a small bowl. Spread the mixture evenly over tortilla. Place banana on the bottom third of the tortilla; being careful not to tear the tortilla, roll tightly. Slice crosswise into 8 pieces.