BANANA IN A BLANKET

SERVES 1

Preparation time: 10 minutes

INGREDIENTS

1 whole wheat tortilla
1 tablespoon peanut butter
1 medium-sized banana
1 tablespoon granola or crunchy cereal

DIRECTIONS

1. Lay tortilla on a plate.
2. Spread peanut butter evenly on the tortilla.
3. Sprinkle cereal over peanut butter.
4. Peel and place banana on the tortilla and roll the tortilla.

CALL ANSWERLINE

TO ASK A HOUSEHOLD EXPERT QUESTIONS ABOUT:

• safely cooking, canning and freezing foods
• cleaning stains and mildew from homes and clothes
• floods and other household issues

IN MINNESOTA:

1-800-854-1678

Call 9AM-12PM and 1-4PM, Monday-Friday or Email ANSWER@IASTATE.EDU

SIMPLY GOOD EATING

www.extension.umn.edu/Nutrition