

# Banana in a Blanket

## Ingredients:

- 1 (6inch) whole wheat tortilla
- 1 tablespoon reduced-fat smooth peanut butter
- 1 medium banana
- 1 tablespoon maple syrup or honey
- 1 tablespoon crunchy, nutty nugget cereal

## Directions:

Lay tortilla on a plate. Spread peanut butter evenly on the tortilla. Sprinkle cereal over peanut butter. Peel and place banana on the tortilla and roll the tortilla. Drizzle maple syrup or honey on top. Optional: garnish with more cereal on top.

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon  
Analysis done 10-8-08

<b>Nutrition Facts</b>	
Serving Size 1 each (189g) Servings Per Container recipe makes 1 serving	
<b>Amount Per Serving</b>	
<b>Calories</b> 360	Calories from Fat 100
<b>% Daily Value*</b>	
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 58g	<b>19%</b>
Dietary Fiber 6g	<b>24%</b>
Sugars 20g	
<b>Protein</b> 9g	
Vitamin A 2%	• Vitamin C 15%
Calcium 2%	• 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	