



## ***PB & A Roll-Up***



### ***ingredients***

- 1 banana
- 3 tablespoons peanut butter
- 1 (6-inch) whole-wheat tortilla
- 4 tablespoons chopped apple

### ***directions***

- In a small bowl, use fork to mash the banana.
- Mix peanut butter with banana.
- Spread over tortilla.
- Top with chopped apples.
- Roll tortilla.



United States Department of Agriculture  
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