

# Banana Roll Ups

## INGREDIENTS

- 1 whole wheat tortilla
- 1 tablespoon nut butter, any kind works
- 1 sprinkle ground cinnamon
- 1 banana
- 1 tablespoon raisins
- 1 tablespoon unsalted nuts, chopped, optional

**TIME: 5 MINUTES**  
**SERVINGS: 1**



Adapted from:  
[celebrateyourplate.org](http://celebrateyourplate.org)



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## PROCEDURE

1. Spread a layer of peanut butter across the tortilla, leaving an inch of space around the edge.
2. Sprinkle with raisins, nuts (if using), and cinnamon. Place the banana in the middle of the tortilla.
3. Roll the tortilla tightly around the banana and slice into 8 pieces.

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