

Recipe card instructions:

For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Banana Wraps

- 1 (8-inch) flour tortilla
- 2 to 3 tablespoons peanut butter or low-fat cream cheese
- 1 banana, washed and peeled

Spread peanut butter or cream cheese on tortilla. Roll tortilla tightly around banana. Slice into pinwheels or serve whole. Makes 1 serving.

Source: University of Missouri Extension Family Nutrition Education Programs



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Banana Wraps

Nutrition Facts

Serving Size 1 wrap

Amount Per Serving

Calories 397

	% Daily Value*	
Total Fat 19g		29%
Sodium 288mg		13%
Total Carbohydrate 53g		41%
Dietary Fiber 5g		18%
Protein 12g		

Vitamin A 0% Vitamin C 13%
Calcium 4% Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on your calorie needs.

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