

Nut Butter & Apple Roll-Up

Makes 2 servings

Serving Size: 1/2 wrap

Ingredients

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

Directions

1. In a small bowl, use a fork to mash the banana.
2. Mix nut butter with banana.
3. Spread over tortilla.
4. Top with chopped apples.
5. Roll tortilla.

