Breakfast PB&J Wrap-Up

Prep: 5 minutes | Cook: 0 minutes | Total: 5 minutes

Yield: 1 serving | Serving Size: 1 wrap

Ingredients

1 (8-inch) whole-grain wrap or tortilla

2 tablespoons creamy natural peanut butter

2 tablespoons fruit preserves

1 small banana

Directions

1. Place the wrap or tortilla on a clean flat surface.
2. Spread the peanut butter on one half of the wrap or tortilla and the fruit preserves on the other half.
3. Place the banana at the edge of the wrap, on the preserves side, along the line between the peanut butter and the preserves.
4. Roll the wrap or tortilla up around the banana, rolling towards the peanut butter side. The peanut butter should act like a glue and keep the wrap together.
5. Enjoy whole as a grab-and-go breakfast, slice into pieces to share, or serve as a side.

Recipe Notes

- Try using almond butter in place of the peanut butter.
- Look for fruit preserves that have fruit listed as the first ingredient.
- To reduce the total carbohydrates, consider leaving out the fruit preserves.

Nutrition Facts Per Serving: Calories: 370 | Total Fat: 10 g | Saturated Fat: 5 g
Sodium: 150 mg | Total Carbohydrate: 70 g | Dietary Fiber: 6 g | Protein: 8 g

For more recipes, please visit www.nutrition.va.gov

VA | U.S. Department of Veterans Affairs