

BANANA WRAP

Portions: 8

Preparation: 10 minutes

| QUANTITY | INGREDIENTS | PREPARATION |
|--------------------------|-----------------------------|--|
| 250 ml (1 cup) | nut butter | <ol style="list-style-type: none"> 1. Spread nut butter evenly over the tortillas. 2. Place a banana in the centre of each tortilla and drizzle with honey. 3. Roll up the tortillas and cut in half. 4. Serve with a glass of milk. |
| 4 | large whole wheat tortillas | |
| 4 | bananas | |
| 30 ml (2 tablespoons) | honey (optional) | |

