PEANUT BUTTER & BANANA POCKETS

SERVINGS: 1  PREP TIME: 6 MINS  COOK TIME: 4 MINS  TOTAL: 10 MINS

INGREDIENTS

2/3 ripe banana
1 Tbsp. creamy peanut butter
1/4 tsp. honey
Pinch of ground cinnamon
1 (8-inch) whole wheat flour tortillas
Non-stick cooking spray

Recipe notes:
For a sweeter flavor, add chocolate chips or Nutella spread on the tortilla before folding.
For a richer flavor, stir 1 Tablespoon of whipped cream cheese into the peanut butter mixture in step 2.

DIRECTIONS

1. Peel and slice bananas about 1/4-inch thick.
2. In a small bowl, stir together peanut butter, honey, and cinnamon.
3. Lay tortillas flat. Spread about 1 Tablespoon of the peanut butter mixture on one half of each tortilla.
4. Divide banana slices evenly among tortillas. Arrange in a single layer over peanut butter mixture. Fold each tortilla in half.
6. Place folded tortillas in the skillet. Cook for 1-2 minutes on each side, or until golden brown.

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