

Peanut Butter Banana Bites

INGREDIENTS:

2 T Reduced fat creamy peanut butter
1 T Low-fat vanilla flavored yogurt
1/3 ea Banana, sliced
dash Cinnamon
1 ea. Flour tortilla, 6 inch in diameter

DIRECTIONS:

Combine peanut butter and yogurt in a small bowl and stir until blended. Spread peanut butter mixture over tortilla. Arrange sliced banana in a single layer over the peanut butter spread. Sprinkle with cinnamon. Roll up tortilla and slice into 3 to 6 bite pieces.

Makes 1 serving

Calories per serving: 168

NUTRITIONAL INFORMATION PER SERVING:

5 g protein
21 g carbohydrates
7 g fat
3g fiber

