



Peanut Butter and Banana Roll-Up

1, 6-8 inch 100% whole wheat tortilla

1 1/2 tbsp peanut butter or almond butter

1 small banana or 1/2 large banana sliced lengthwise

1 tbsp wheat germ or ground flax seed

Directions:

Spread the peanut butter or almond butter across the center of the tortilla. Layer the banana slices on top of the nut butter. Sprinkle with the wheat germ or ground flax and roll up the tortilla or fold it like you would a burrito.

Peanut butter, along with any other nut butter pack an amazing nutritional punch and are a great way to incorporate vegetable-based protein at breakfast. Also, you can mix it up by substituting any type of 'butter' (ie- cashew, almond, sun), as well as, any other fruit like apples or pears. Get creative and make it your own!

Reference: Dr. Ann G. Kulze, "*Dr. Ann's Eat Right for Life: Cookbook Companion*", <http://www.welcoa.org>. For more information and great recipes, please visit: <http://www.DrAnnwellness.com>