



PEANUT BUTTER, BANANA AND GRANOLA WRAP

April 16

National Banana Day

INGREDIENTS

- 6 Cups (12 slightly overripe) Sliced Bananas
- 3/4 Cup Sugar (or substitute)
- 6 Teaspoons Cinnamon
- 1 1/2 Teaspoons Nutmeg (optional)

DIRECTIONS

1. Slice the bananas into rounds, approximately 1/3 inch thick.
2. In a small bowl, combine the sugar, cinnamon, and nutmeg (if desired). Set aside.
3. Lightly spray a large skillet with nonstick oil spray and warm over medium-low heat and add the banana slices.
4. Sprinkle half of the cinnamon mixture on top. Cook for about 2-3 minutes.
5. Flip the rounds, then sprinkle with the remaining cinnamon mixture. Cook for 2-3 more minutes until the bananas are soft and warmed through.

MEAL PATTERN CONTRIBUTION

 Fruit

MEAL TYPE

 Snack

YIELD

6 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
1/2 Cup	1/2 Cup	3/4 Cup	1/2 Cup