



Cut along this line



## Banana Wraps

*Children are more likely to eat new foods if they help prepare them. Wrap up your next banana and peanut butter combo in a new, fun-to-eat way.*

### INGREDIENTS

- Peanut Butter
- Raisins
- Flour tortillas
- Honey



Fold here to create 4x6 card

### Banana Wraps (continued)

### DIRECTIONS

1. Spread peanut butter on tortilla
2. Drizzle honey over peanut butter
3. Place whole, peeled banana on tortilla
4. Sprinkle a few raisins next to the banana
5. Roll tortilla around the banana
6. Eat and enjoy... YUM!

Printed from [www.ndchildcare.org](http://www.ndchildcare.org)



Cut along this line