Nut Butter & Apple Roll-Up

Makes 2 servings
Serving Size: 1/2 wrap

Ingredients
• 1 banana
• 3 tablespoons sun or almond butter
• 1 (6-inch) whole-wheat tortilla
• 4 tablespoons chopped apple

Directions
1. In a small bowl, use a fork to mash the banana.
2. Mix nut butter with banana.
3. Spread over tortilla.
4. Top with chopped apples.
5. Roll tortilla.

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