

STRAWBERRY BANANA SMASH WRAP

Serves: 1

Nutrition (per serving)

Calories: 218

Total Fat: 6 g

Saturated Fat: 3 g

Sodium: 207 mg

Total Carbohydrate: 38 g

Dietary Fiber: 4 g

Total Sugars: 15 g

Protein: 3 g



Ingredients

- 1 (6-8 inch) flour tortilla, whole-grain
- 1 Tbsp Nutella, peanut butter or cream cheese
- 3 Tbsp frozen strawberries, thawed and mashed
- ¼ of a small banana, diced

Directions

1. Place thawed strawberries in a small zip-lock bag. Remove air and seal tightly. Smash it between your fingers or on a flat surface until pureed in consistency.
2. Lay flour tortilla on a flat surface. Spread with Nutella, peanut butter or cream cheese.
3. Spread smashed strawberries on top.
4. Sprinkle with diced banana pieces.
5. Fold in half and enjoy.



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