

Recipe of the Month

Quick Healthy Snack

Peanut Butter – Banana Wrap

Another one of my Favourites and signature snacks...

What You'll Need:

- 1 Flaxseed Whole Wheat Tortilla Wrap
- 1 Banana
- 1 Tbsp of Natural Peanut Butter
- Small Handful of Raisins (optional)
- Dash of Cinnamon (optional)

What to Do:

Spread the peanut butter across center of the tortilla. Place peeled banana on top of the peanut butter and add raisin and/or cinnamon along the top or along the side of the banana. Roll one end of the wrap over the banana and then completely roll the entire wrap up to create a cylindrical snack to take with you anywhere to enjoy.