

**WHY
ACT
NOW**

BANANA DOG



Ingredients

- 1 banana, medium
- 2 tablespoons peanut butter, natural
- 1 whole wheat tortilla
- Drizzle of honey
- Dash of cinnamon or chocolate chips

Directions

Spread peanut butter. Peel banana, place on one end of wrap. Add honey, cinnamon and chocolate chips. Roll. Enjoy sliced or whole. *Makes 1 serving.*

Nutrition Facts	
Serving Size 1	
Amount Per Serving	
Calories 435	Calories from Fat 181
% Daily Values*	
Total Fat 20g	31%
Saturated Fat 4g	20%
Trans Fat 0g	
Sodium 213mg	9%
Total Carbohydrate 58g	19%
Dietary Fiber 9g	36%
Sugars 23g	
Protein 13g	26%

*Percent Daily Values are based on a 2,000 calorie diet.

Bananas are rich in potassium and fiber! Do you have an important test coming up? This snack will boost your brain power and make you more alert!