

# STRAWBERRY BANANA SMASH WRAP

Strawberry Banana Smash Wrap

Serves: 1

## Nutrition (per serving)

|                    |                        |
|--------------------|------------------------|
| Calories: 218      | Total Carbohydrate: 38 |
| Total Fat: 6 g     | Dietary Fiber: 4 g     |
| Saturated Fat: 3 g | Total Sugars: 15 g     |
| Sodium: 207 mg     | 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.