The Peanut Butter Banana Chocolate Chip (PBC) Breakfast Wrap Recipe

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Serves: 1 Prep Time: 5 minutes

INGREDIENTS:
~ 1 grain-free, gluten-free tortilla wrap
~ 2 T homemade peanut butter
~ ½ banana
~ 15 dark chocolate chocolate chips
~ 1 t organic powdered sugar

TOOLS:
Stainless Steel Strainer
Stainless Steel Measuring Spoons

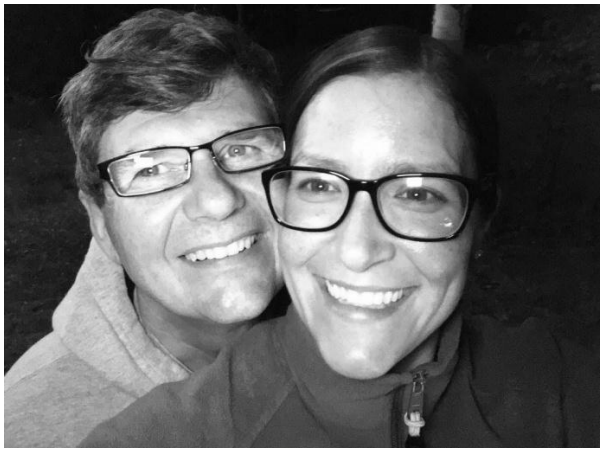
INSTRUCTIONS:

1. Place tortilla wrap on plate.
2. Spread peanut butter across one side of tortilla wrap.
3. Cut-up banana in slices and spread evenly across tortilla wrap.
4. Distribute chocolate chips evenly across tortilla wrap.
5. Fold tortilla wrap in half.
6. Enjoy cold OR warm-up in pan on stove or 30 seconds in microwave.
7. Use strainer to sift powdered sugar across top of tortilla wrap.
8. Enjoy.

NUTRITIONS FACTS:

Calories 422 Carbs 41.08 g Fat 50.7 g Protein 12.58 g Cholesterol 0 mg Sodium 198.84 mg Fiber 7.26 g Sugar 20.61 g Calcium 6.19% Iron 25.19% Potassium 516.86 mg Vit A 0% Vit C 12.61% Vit D 0%

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