

Peanut Butter Banana Spirals

Yields: 6 servings
Prep: 20 min

Ingredients

1/2 cup peanut butter
1/3 cup low-fat vanilla Greek yogurt
1 Tbsp 100% orange juice
2 ripe bananas, sliced
4 (8-inch) whole-wheat tortillas
1/4 tsp ground cinnamon

Directions

1. Combine peanut butter and yogurt, stirring until smooth.
2. Drizzle orange juice over bananas; toss gently to coat.
3. Spread about 3Tbsp of the peanut butter mixture over each tortilla, leaving a 1/2-inch border.
4. Arrange about 1/3 cup banana slices in a single layer over peanut butter mixture.
5. Sprinkle cinnamon evenly over banana slices.
6. Roll up the tortilla and slice into six pieces.