

Smart Pinwheel Roll-Ups



Nutrition Facts

2 servings per container
Serving size 1/2 roll (92g)

Amount per serving
Calories 170

	% Daily Value*
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	7%
Total Sugars 11g	
Includes 3g Added Sugars	6%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 6mg	0%
Iron 0mg	0%
Potassium 273mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Makes
2 half roll-ups

Prep time
10 minutes

Good source of
Fiber
Protein

For Peanut Butter Banana:

- 1 8-inch whole wheat tortilla
- 2 Tbsp. creamy peanut butter
- 1 Tbsp. honey (optional)
- 1 medium banana

For Ham & Cheese:

- 1 8-inch whole wheat tortilla
- 2 Tbsp. low-fat cream cheese
- 1/4 cup low-fat shredded cheese
- 1/4 cup sliced ham

For Hummus & Veggies:

- 1 8-inch whole wheat tortilla
- 2 Tbsp. hummus

Thinly sliced and chopped veggies (e.g. carrots, bell peppers, cucumber, etc.)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA and the University of Guam are equal opportunity providers, lenders, and employers.



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Directions:

1. Spread peanut butter evenly over tortilla, leaving about 1/4-inch space free around the edges.
2. Drizzle honey on top of peanut butter.
3. Place banana in center of each tortilla. Fold in left and right sides of tortilla over the banana. Then, beginning from the top edge, roll the tortilla down and over the banana, as if wrapping a burrito.
4. Cut into slices and enjoy!

For additional pinwheels: Follow steps 1 to 4 above, substituting the peanut butter, honey, and banana for the different spreads and toppings.

Change it up: Use different toppings, like apples, strawberries, granola, dried fruit, black beans, corn, tomatoes, etc.

