



Peanut butter and banana roll-ups

10'
Hands on

1
Portion(s)

1
Difficulty



Method

- Lay the tortilla onto your working surface and with a spoon, spread the peanut butter over its whole surface.
- Sprinkle the grated chocolate, spread the banana cut into slices, and wrap into a roll.
- Cut the tortilla in half and place the almond slivers where you cut the tortilla in order to shape the teeth.
- Place the candy eyeballs to form the eyes.
- Transfer into the [lunch box](#) and add the grapes and the apricot.
- Fill the water bottle with water and ready for school!

Ingredients

- 1 tortilla
- 1 tablespoon(s) [homemade peanut butter](#)
- 30 g chocolate couverture, grated
- 1 banana
- 5 almond slivers
- 2 candies, eyeballs

To complete the lunch box

- 30 g grapes
- 1 apricot
- 200 g water

Διατροφικός πίνακας

Nutrition information per portion

589 Calories (kcal)	28.0 Total Fat (g)	12.0 Saturated Fat (g)	65.0 Total Carbs (g)
29%	40%	60%	25%
28.0 Sugars (g)	15.0 Protein (g)	7.2 Fibre (g)	1.1 Sodium (g)
31%	30%	29%	18%