

Banana Maple Protein Snack Wrap

Makes 1 Serving

Ingredients

- 1 8" 100% Whole Wheat Wrap
- 1 medium banana
- 1 tablespoons of all natural peanut butter (or almond butter)
- 1 tablespoon of slivered almonds
- 1 scoop of vanilla protein powder
- 1 tablespoons of sugar free maple syrup

Directions

1. In a separate bowl, mash banana and protein powder together with a fork until combined.
2. Spread the peanut butter onto the tortilla. Top with the banana mixture.
3. Sprinkle with almonds, then drizzle with maple syrup.
4. Roll the wrap and enjoy!

Nutritional Facts

(Per Serving - 1 Wrap)

- Calories: 479
- Protein: 33g
- Carbohydrates: 52g
- Fat: 15g

Snacks and Bars

