



## Fruit and peanut butter wraps

Serves:



Preparation:  
5 minutes

### Ingredients

- 1 ripe banana
- 1 tbsp lemon juice
- 1/2 (half) apple
- 6tbsp peanut butter, crunchy or smooth
- 2 wholemeal flour tortillas

### Method

1. Peel and slice the banana very thinly. Place in a bowl and toss with the lemon juice. Quarter and core the apple. Slice into wafer thin slices and add to the bowl with the banana. Mix well.
2. Warm the tortillas in the microwave for about 10 seconds. Spread 3 tablespoons of peanut butter over each tortilla. Place half the banana slices and half the apple slices over the top of each tortilla. Roll each one up into a tight log. Enjoy immediately or wrap tightly in plastic wrap and refrigerate until later.

### Fuel learning

- Think of your brain as a high performance car - without the proper fuel it won't be able to perform. To keep your blood sugar levels stable and aid concentration you should eat 3 small meals with a couple of healthy snacks in between.

### Tips

- If you're looking for a savoury alternative, try spreading the tortilla with some hummus and add some strips of red pepper or grated carrot.