

# Fruitie Tootie Quesadilla Snack



## Ingredients:

- 1 six-inch whole grain tortilla
- 1 Tbsp. Sunbutter or yogurt
- ¼ medium banana
- 1 Tbsp. blueberries

## Supplies:

- Paper plates
- Napkins
- Plastic knives

Variation: Use fresh fruit of choice.

## Directions:

Children will:

- Spread the Sunbutter or yogurt thinly over the entire surface of the tortilla.
- Thinly slice the banana.
- Lay the slices over one HALF of the tortilla.
- Sprinkle the blueberries over the same half of the tortilla.
- Fold the tortilla to close over the banana and blueberries.

Variation for younger children: Pre-slice the bananas.

Enjoy!

