

Strawberry Banana Protein Wraps: Your Go-To Healthy Breakfast or Snack

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INGREDIENTS

2 whole wheat or protein wraps
1/2 cup Greek yogurt or plant-based protein yogurt
1 tbsp nut butter (peanut, almond, or cashew)
1 banana (sliced)
1/2 cup fresh strawberries (sliced)
1 tbsp chia seeds or ground flaxseed (optional)
Dash of cinnamon (optional)

DIRECTIONS

- 1. Lay : Out Wraps:** Start by laying the wraps flat on a clean, dry surface. This provides your canvas for building these delicious wraps.
- 2. Spread : Nut Butter:** Spread a delicious layer of your chosen nut butter evenly over each wrap. This provides a nice nutty flavor and acts as a base layer.
- 3. Add : Yogurt:** Next, generously dollop the Greek yogurt (or plant-based protein yogurt) atop the nut butter, spreading it out to create an even layer.
- 4. Arrange : Fruit:** Now, it's time for the fruit! Arrange the sliced banana and sliced fresh strawberries evenly over the yogurt. Ensure a good distribution so you get fruit in every bite.
- 5. Sprinkle : Optional Boosts:** If you like, sprinkle on some chia seeds or ground flaxseed for a boost of nutrition and texture. Don't forget a dash of cinnamon for warmth and aromatic flavor!
- 6. Roll and : Slice:** Carefully roll each wrap tightly, starting from one end. Once rolled, use a sharp knife to slice each wrap in half, creating two easy-to-handle portions.
- 7. Enjoy!** Enjoy immediately for the freshest taste, or wrap them up tightly in parchment paper or plastic wrap for later.
- 8. These wraps are not just tasty; they're also packed with protein to keep you energized throughout your day! Enjoy!**

SWAPS & NOTES

Wraps: Whole wheat wraps add fiber, while protein wraps boost the protein content even further.

You could also use larger tortillas or even gluten-free wraps if preferred.

Yogurt: Greek yogurt is excellent for its high protein content and thick consistency.

Plant-based protein yogurts (like almond, soy, or coconut-based) work perfectly for a dairy-free option.

TIPS FOR SUCCESS

Don't Overfill: While tempting, overfilling the wraps can make them difficult to roll and messy to eat.

Slice Fruit Thinly: Thinly sliced fruit makes for easier rolling and a more even distribution of flavor.

Roll Tightly: A tight roll ensures all the delicious fillings stay secure inside the wrap.

Eat Fresh: These wraps are best enjoyed shortly after assembly for optimal texture and freshness, especially if using fresh fruit.

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