



nutella®

BREAKFAST ROLL-UPS

Ingredients - Serves 1

- 1 medium wholemeal soft tortilla
- 1 banana
- 1 tbsp nutella

Method

1. Spread nutella on tortilla wrap.
2. Peel banana and place on the side of the tortilla wrap. Roll shell around banana.
3. Cut into 1" thick sections to make several rolls.
 - > Kids can make this easy to prepare recipe. Get them to help peeling the banana and making the rolls, then watch them gobble up their own breakfast creation.
 - > Serve with milk or orange juice to round out your breakfast.

Nutritional Information	Energy (Kj)	Energy (Kcal)	Protein (g)	Carbo-hydrates (g)	Sugars (g)	Fat (g)	Saturated fat (g)	Fibre (NSP)	Sodium (mg)	Salt Equiv (g)
Per portion	1203	285	5.6	51.7	37.0	7.3	2.4	3.5	154	0.4
Per 100g	708	77	1.5	14.0	10.0	2.0	0.6	1.0	42	0.1