

Strawberry Banana Quesadillas

Serving size: 1 quesadilla

Ingredients:

4 strawberries
1 banana
¼ cup natural peanut butter
2 small whole wheat tortillas
3 Tablespoons chocolate chips, semi-sweet or dark
1 tsp sugar
1 tsp ground cinnamon
(Note: mix the sugar & cinnamon together)

Supplies needed:

Basting brush
Canola oil
Measuring cups and spoons
Sharp knife
Cookie sheet
Spatula
Cooking spray
Plate

Steps:

1. Preheat oven to 350 degrees.
2. Spray the cookie sheet with non-stick spray.
3. Spread oil with basting brush on one side of tortilla. Place one tortilla on the cookie sheet with oil side down
4. Spread peanut butter on the tortilla. Place banana slices on the peanut butter.
5. Add strawberries on top of the bananas.
6. Sprinkle chocolate chips over the fruit.
7. Close the quesadilla with another tortilla. Brush oil on top of the tortilla. Sprinkle with the cinnamon-sugar mixture
8. Place in the oven and bake for 7 minutes
9. Take it out of the oven and flip the quesadilla. Sprinkle the top with cinnamon sugar mixture.
10. Place in oven and bake for additional 8 minutes.
11. Remove from the oven and let cool.
12. Cut into sections and place on the plate.

This recipe is adapted from: www.acedarspoon.com