

Breakfast | Snack

Roasted Banana and Peanut Butter Quesadilla

5 Mins
Prep Time

20 Mins
Cook Time

2
Servings

236 Calories **10g Fat** **34g Carbs** **7g Protein**



Ingredients

2 Servings • $\frac{1}{2}$ Quesadilla Serving Size **25 Mins Total Time** **Allergens: Nuts, Gluten**

2 (6-inch) Flour Tortillas

2 Tbsp Peanut Butter

1 Large Banana

Non-Stick Cooking Spray

Allergen Swap

Nuts Replace peanut butter with sunflower seed butter.

Gluten Swap flour tortillas with corn tortillas.

Nourishment Note



Bananas

Bananas help bind water and slow digestion, minimizing bathroom trips.



Peanut Butter

Smooth peanut butter is a flare-friendly source of protein. Peanut butter is also high in healthy monounsaturated fats, which provide vitamin E, an important antioxidant.

Instructions

1. Roast Banana

Preheat oven to 350°F. Place banana on small baking sheet and roast for 12-15 minutes, or until peel splits. Banana peel will be brown-black in color. When cool enough to handle, squeeze roasted banana into a small bowl.

2. Assemble Quesadilla

Lay out tortillas. Spread one tortilla with peanut butter. Spread the other with roasted banana and layer tortillas together with the banana and peanut butter in the middle.

3. Cook Quesadilla

Heat a small skillet over medium heat. Spray the skillet with non-stick cooking spray and place quesadilla in skillet. Cook until golden brown. Spray top of quesadilla with cooking spray and flip, cooking the opposite side until golden brown.

4. Cut & Serve

Remove from skillet and cut into quarters. Serve warm and enjoy.

Recipe created by Meijer Registered Dietitians,
Beth Eggleston and Emily Parsell

What You'll Need



Small Baking Sheet



Small Bowl



Butter Knife



Measuring Spoon



Small Skillet



Tongs

Remission Remix

- Add additional ingredients to the quesadilla, like sliced apple, dried cherries or chopped nuts.