

# Banana yogurt jam wrap

Serves: 1 | Preparation: 5 minutes | Total: 5 minutes

Difficulty: Easy



## Ingredients

- 2 tablespoons plain Greek yogurt
- 1 tablespoon strawberry jam
- 1 whole wheat tortilla
- 1 banana

## Instructions

1. In a small bowl, combine yogurt and jam.
2. Spread the mixture on the tortilla. Place banana on top.
3. Roll tortilla with the banana inside. Slice into pinwheels and enjoy.

For more recipes, visit [thefoodbank.ca/food](https://thefoodbank.ca/food)

Adapted from [cookspiration.com](https://cookspiration.com)

# Peanut butter energy balls

Yield: 30 balls | Preparation: 5 minutes | Total: 10 minutes

Difficulty: Easy



## Ingredients

- 1 ½ cups old fashioned oats
- 1 cup peanut butter
- ⅓ cup honey
- ¼ cup chia or flaxseeds
- ¼ cup chocolate chips
- Pinch salt
- Protein powder (optional)

## Instructions

1. In a small bowl, combine all ingredients.
2. Roll into balls of desired size, or into bars.
3. Store in airtight containers for up to 2 weeks in the fridge, or 3 months in the freezer.

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Adapted from [iheartnaptime.net](https://iheartnaptime.net)

# Yogurt fruit sundae

Serves: 1 | Preparation: 5 minutes | Total: 10 minutes

Difficulty: Easy



## Ingredients

- ½ apple, chopped
- ¼ teaspoon cinnamon
- ½ banana
- ½ cup grapes
- ¼ cup raisins
- ½ cup yogurt
- ⅓ cup granola

## Instructions

1. In a small bowl, combine the apple and cinnamon.
2. Add bananas, grapes, and raisins.
3. Pour yogurt over top, then add granola on top of the yogurt. Serve immediately and enjoy.

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Adapted from [cookspiration.com](https://cookspiration.com)