

# GONE NUTS ROLL-UPS

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NON-COOK RECIPE

MAKES 6 SERVINGS OF 3 ROLL-UPS EACH

- 1/2 cup creamy peanut butter
- 1/2 cup nonfat or lowfat dry milk powder
- 1 Tablespoon honey
- 1 medium banana
- 2 Tablespoons graham cracker crumbs  
(about 2 graham cracker squares, finely crushed)
- 1/2 teaspoon ground cinnamon (optional)

In a medium bowl, mix together peanut butter and dry milk powder. Add honey and mix until well blended.

Divide dough equally into 6 balls and place on a sheet of waxed paper. Gently flatten each ball into a "pancake" about 3-1/2 inches in diameter.

Peel banana and chop finely. Spread about 2 teaspoons of banana over each "peanutty pancake" and roll it up. Slice each roll into three pieces.

In a small bowl, combine cinnamon and graham cracker crumbs and mix well. Spread crumb mixture on another sheet of waxed paper. Roll the roll-ups in graham cracker crumbs for a crispy coating.

## **Skills Developed**

Measure  
Mix  
Slice  
Chop

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