

Breakfast Pizza

Ingredients:

- 1 whole wheat tortilla
- 1 small banana
- 2 tbsp nut butter (the size of ping-pong ball)
- optional: drizzle of honey

Directions:

Spread nut butter evenly on tortilla. Slice the banana into quarter-size slices and place on your pizza. Cut a slice or roll into a burrito if you are on the go!



Pump it Up: Put one foot in front of the other, bend the front knee and straighten the back leg and then lean against your counter to stretch for a count of 15!



Food for Thought: Bananas are an excellent source of potassium! Potassium helps your body stay balanced and hydrated!

Tasty Thoughts: _____

