

# Strawberry Banana Breakfast Quesadilla

## INGREDIENTS

- 2 large soft tortillas
- 1 small banana, sliced
- 3-4 strawberries, rinsed, dried and sliced (stems removed)
- 2 tbsp full-fat vanilla Greek yogurt
- 2 tbsp peanut butter or almond butter
- Sprinkle of cinnamon
- 2 tsp honey OR 1 tbsp chocolate chips
- 1 tsp vegetable oil



## DIRECTIONS

1. Heat oil in skillet over medium-low heat on stovetop (optional).
2. In a small bowl, mix together the Greek yogurt and peanut butter.
3. Spread evenly over both tortillas. There may be leftover spread depending on how thick you want the spread (I had leftover).
4. Evenly disperse banana slices and strawberries on top of peanut butter/Greek yogurt spread (don't over-crowd). Sprinkle with cinnamon and then drizzle with honey or sprinkle with chocolate chips.
5. Fold quesadilla 3 times (to make a flat wrap). Eat as is (and take on the go), OR, if you want to brown on both sides, place folded quesadilla into heated skillet and lightly brown on both sides (you don't want the inside too warm, so only about 30 seconds on either side). Cut in half on an angle and enjoy!

Recipe by Sarah Remmer (online source: <http://www.yummymummyclub.ca/blogs/sarah-remmer-the-non-diet-dietitian/20150528/breakfast-quesadilla-recipe>)