



Fruit + Almond Butter Quesadilla

Ingredients

- 2 large 100% whole grain tortilla
- 6 tablespoons almond butter
- 1 large banana, sliced
- 1/3 cup pomegranate seeds
- Cooking oil spray

Directions

First, preheat a large non-stick pan to medium/high heat. Lightly spray with cooking oil.

Then, prep quesadillas by spreading on about 3 tablespoons of almond butter on each tortilla (make sure to leave about an inch to the side so it doesn't ooze almond butter everywhere when you close it.

Top one half of the quesadilla with sliced bananas, pomegranate seeds, and cinnamon. Then, fold the tortilla in half.

Cook quesadillas for about 3 minutes on each side or until the tortilla begins to brown.

Nutrition Information

Serves: 2 | Serving Size: 1 quesadilla

Per serving: Calories: 450; Total Fat: 28g; Saturated Fat: 2g; Monounsaturated Fat: 17g; Cholesterol: 0mg; Sodium: 329mg; Carbohydrate: 30g; Dietary Fiber: 14g; Sugar: 15g; Protein: 18g

Nutrition Bonus: Potassium: 603mg; Iron: 24%; Vitamin A: 1%; Vitamin C: 8%; Calcium: 13%