BANANA BASIL *Chard wrap*

75¢

per serving

30 MINUTES OR LESS

5 INGREDIENTS

Buy local!

- 1 large rainbow swiss chard leaf, rinsed and dried
- 1.5 Tbsp natural salted peanut butter (crunchy is best)
- 1 medium (perfectly ripe) banana
- 1 Tbsp flaxseed meal
- 1 handful basil

*highlighted ingredients can be bought at the market!

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HOW TO: BANANA BASIL SWISS CARD WRAP

I, Flatten your rainbow chard and, with a knife, shave the stem down so it's easier to roll up. Alternatively, cut out the bottom portion that tends to be more rigid.

2. Starting at the bottom about 1/4 of the way up, smear on peanut butter (or use sunflower or almond butter), add flaxseed, banana and basil and roll the whole thing up like a regular wrap, tucking the sides in as you near the top. If your banana isn't ripe/sweet enough, add a drizzle of honey or agave to sweeten.

3. Secure with a tooth pick and cut in half. Or, simply grasp in your hands and enjoy immediately!

why is it healthy?

BANANA

Bananas are a very good source of vitamin B6 and a good source of manganese, vitamin C, potassium, dietary fiber, potassium, biotin, and copper

SWISS CHARD

Swiss Chard is a super green, it regulates blood sugar levels, prevents various types of cancer, improves digestion, and boosts the immune system.

BASIL

Basil has anti-bacterial benefits. It is a great source of vitamin K, vitamin A, manganese, and magnesium.

This recipe is from Minimalist Baker

Go to minimalistbaker.com to see more recipes!

http://minimalistbaker.com/peanut-butter-banana-basil-rainbow-chard-wrap/

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