

Jill's Joyful Kitchen



PB and J Breakfast Quesadilla (with no queso!)

This is a fun breakfast treat and kids love it! It combines their favorite ingredients (PB&J of course!) and using a whole grain tortilla provides extra fiber and nutrition. Feel free to try different fruit instead of banana such as halved grapes, thinly sliced strawberries, or shredded apples.

Serves about 2-4

2 - 8 inch whole-grain tortilla (I like to use spelt)
2 tablespoons peanut butter (or almond butter)
Sprinkle of cinnamon
1 small banana, sliced thin
1-2 tablespoons of your favorite jam

Spread the peanut butter on a tortilla within $\frac{1}{4}$ inch of the edges. Lay the sliced bananas on top of the peanut butter evenly spaced. Sprinkle cinnamon over bananas as much as you like. Lay the second tortilla over the top. Heat a non-stick skillet on medium heat. Lay quesadilla in the pan and cook for 3-4 minutes, checking the underside to make sure it is turning a golden brown and puffing up nicely. Carefully flip quesadilla over and brown on the other side for 3-4 minutes. Transfer to a cutting board and slice into triangles. Options for jam: either spread jam over the top of each triangle and serve. Or, pour jam in a small ramekin and dip triangles into the jam as you like.

