



A
BRACES FRIENDLY

RECIPE

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EVERYONE DESERVES A BEAUTIFUL SMILE



FRUIT QUESADILLAS

INGREDIENTS:

- 2 Flour Tortillas
- 1 Banana - Sliced
- 5 Strawberries - Sliced
- 2T Peanut Butter
- 15 Chocolate Chips
- Cooking Spray

DIRECTIONS:

Heat a medium skillet over medium high heat and spray pan with cooking spray.

Spread 1 tablespoon of the peanut butter evenly over each tortilla. Arrange both the banana and strawberry slices over one tortilla. Sprinkle chocolate chips and top with the remaining tortilla, peanut butter side down. Press gently to help them stick together.

When the skillet is hot, add the quesadilla, flipping once, until golden brown, about 2 minutes per side. Cut each quesadilla into halves or quarters. Serves 2-4.



GET CREATIVE!

Try using other fruits such as raspberries. Instead of peanut butter, how about nutella or cream cheese?!



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