

# Almond Butter Quesadillas

Servings: 2

RECIPE BOX

## INGREDIENTS

2 LARGE WHOLE GRAIN TORTILLAS  
3 TBSP ALMOND BUTTER  
1 LARGE BANANA, SLICED  
1/3 CUP POMEGRANATES



## DIRECTIONS:

**STEP 1:** Preheat a large non-stick pan to medium/high heat. Rub with coconut oil or ghee.

**STEP 2:** Prep quesadillas by spreading 3 tbsp of almond butter on each tortilla (leave about an inch to the side so it doesn't ooze when you close it)

**STEP 3:** Top half quesadilla with sliced banana, pomegranate seeds and cinnamon. Fold tortilla in half.

**STEP 4:** Cook quesadillas for about 3 min per side or until tortilla begins to brown.

**GF** Serve on 1 slice gluten free bread (do not try corn tortillas with this, the flavoring isn't right)

**V** This recipe is vegetarian as written.

Nutrition per Serving: Calories 262, Total Fat 14g, Carbs 45g, Protein 7g, Fiber 7g

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