Peanut Butter and Banana "Sushi"

Ingredients:

- Whole-wheat flat bread or tortilla 1
- Powdered peanut butter 3 tbsp
- Water 1 tbsp
- Banana 1

Directions:

1. Mix powdered peanut butter and water in a bowl. Stir, adding water a quarter teaspoon at a time until the peanut butter is your preferred consistency. You may want it a little more on the sticky side than the runny side to prevent dripping.
2. Spread peanut butter on the middle of the flat bread or wrap, saving about a teaspoon.
3. Place the banana on the peanut butter, then roll it in the wrap. Use the remaining peanut butter to help seal the open end of the wrap.
4. Slice the wrap into bite-sized pieces that look a bit like sushi. Store in a plastic container until you're ready to eat. You may want to use toothpicks to keep the "sushi" intact and to make each slice easier to grab while on the go.