Peanut Butter and Banana Quesadillas

Ingredients:
• 2 whole wheat tortillas
• 2-4 T peanut butter
• 1 medium banana
• 1-2 T slivered almonds
• Honey to taste
*Note: Be creative with ingredients; raisins, apple slices, almond butter, cinnamon, walnuts

Directions:
1. Wash/sanitize all counter surfaces
2. After turning the stove to medium heat, slice bananas into medium size slices
3. Spread peanut butter generously covering each tortilla except for a 1 inch border around the edge of the tortilla (prevents peanut butter from dripping)
4. Layer banana slices on top of one of the tortillas
5. Sprinkle almonds on top of the bananas and peanut butter
6. Drizzle honey on top of the bananas, peanut butter, and almonds
7. Top the first tortilla with the remaining tortilla, peanut butter side down
8. Place quesadilla on skillet and toast nicely for about 3 minutes on each side
9. Being cautious, remove toasted quesadilla from heat.
10. Using the pizza cutter, slice quesadilla into 4-8 slices and place on a plate
11. Enjoy with a glass of milk