

Take charrrge of your health with these easy-to-make

## Gold Coin Banana Rollups

INGREDIENTS



MAKES 8-10 rollups



1 banana



1 medium whole-wheat tortilla





**TSET** 



Cinnamon (optional)

Toothpicks

Peanut butter

INSTRUCTIONS Hook yer arm around yer matey and sing a pirate song!

- 1. Spread some peanut butter on the tortilla. If you'd like, sprinkle some cinnamon on there too!
   3. Slice into small discs, stick some toothpicks in them and enjoy!
- 2. Place the whole banana on one edge of the tortilla, then roll it up!



## DON'T FORGET TO GET 60!

Avast ye, it's time for a Pirate Adventure! Go on a treasure hunt to get 60 minutes of activity! Grab a yo ho hold of the treasure map and start your adventure!

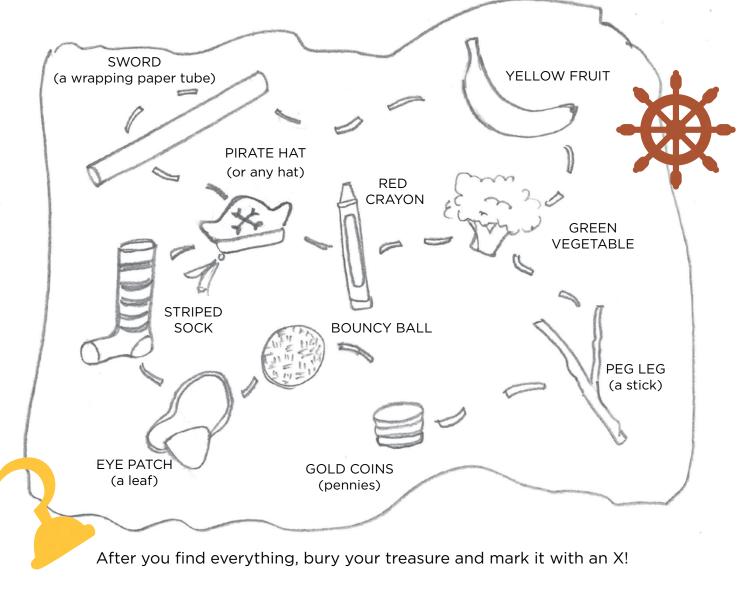
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## PIRATE TREASURE HUNT

Ahoy, all ye lads and lasses! Give inactivity the ol' heave-ho by hunting down the items below to get 60 minutes of movement! It's yo ho ho and a barrel of fun!



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