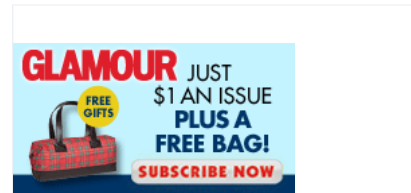


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### Afternoon Snack: The Wow, Wow, Wow Thing You Can Make With Tortillas, Bananas and Cinnamon (a Must-Click!)

Friday, 02/19/2010 at 2:11 PM

Comments (20)

Guys, I'm so excited to tell you about my latest snack creation! My heart is beating faster just thinking about it (really!). So much to love: high fiber, good protein, zero added sugar, amazing flavor (it tastes like dessert). It's the new snack I'm going to be loving for years to come. Are you ready for the deliciousness?



I call them *banana-cinnamon cannolis*, and my dears, you are going to die and go to heaven!

Here's what you do:

\*Take a La Tortilla Factory high protein, low-carb whole-wheat tortilla (you can use any whole wheat tortilla, but these are the best) and set it on a dinner plate.

\*Peel one banana and mash it onto the tortilla with a fork--it should be well mashed, not too chunky.

\*Sprinkle about a 1/4 teaspoon of cinnamon on top. (You can sprinkle a little cinnamon on top, too, or on the plate as I did to be fancy!)

\*Roll up the tortilla, and enjoy!

**Yum, right?**

P.S. A new amazing favorite tomato soup to try! And, the little snack trick Kelly Osbourne used to slim down--it's smart.

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Photo: Sarah Jio

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