Peanut Butter Apple Wraps
Makes 2 Servings

Ingredients:
1 whole wheat tortilla (8 inch)
2 tablespoons peanut butter, reduced-fat
2 tablespoons of granola, low-fat
1/2 apple, sliced

Instructions:
1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides.
2. Sprinkle 2 tablespoons of granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of the granola.
4. Fold over the edges of the tortilla and roll up “burrito style”.
5. Eat and enjoy.

Suggestions: Any type of apple can be used – Golden Delicious, Granny Smith or Fuji; however, Red Delicious apples are the crispiest and their flavor balances the savory taste of the peanut butter. The combination of fruit, granola, and peanut butter makes this snack packed with protein, iron, fiber, and calcium.

Nutrition Information:
Serving size: 1 serving
Total calories: 358
Total fat: 13g
Protein: 13g
Saturated fat: 2g
Carbohydrates: 52g
Dietary fiber: 7g
Sugars: 16g
Sodium: 379mg

http://msue.anr.msu.edu

Recipe adapted from usda.gov