

APPLE WRAP

Yield: 4 Servings | Serving Size: 1/2 wrap

Cost/serving: \$0.53

Ingredients:

1 large apple, cut into small cubes

1 medium, ripe banana, cut in slices

2 Tablespoons peanut butter

2 whole wheat tortillas

Directions:

- 1) Spread peanut butter over one side of tortillas.
- 2) Sprinkle apple and banana over peanut butter.
- 3) Tightly roll each tortilla. Cut each wrap in half.

Option: Try different chopped fruit, like peaches, pears, mangoes, and berries. Substitute any nut butter. Try in a whole wheat pita pocket instead of a tortilla.

Nutrition Facts

4 servings per container

Serving size 1/2 wrap (117g)

Amount per serving

Calories 160

| Q aiorios | |
|------------------------|---------------|
| % | Daily Value* |
| Total Fat 5g | 6% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 180mg | 8% |
| Total Carbohydrate 27g | 10% |
| Dietary Fiber 3g | 11% |
| Total Sugars 10g | |
| Includes 0g Added Suga | rs 0 % |
| Protein 5g | |
| Vitamin D 0mcg | 0% |
| Calcium 48mg | 4% |
| Iron 1mg | 6% |
| Potassium 225mg | 4% |

^{*}The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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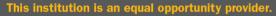


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