

# 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	Carbohydrates: 52g
Total calories: 358	Dietary fiber: 7g
Total fat: 13g	Sugars: 16g
Protein: 13g	Sodium: 379mg
Saturated fat: 2g	

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Recipe adapted from usda.gov