Peanut Butter Apple Wraps

Makes 2 Servings

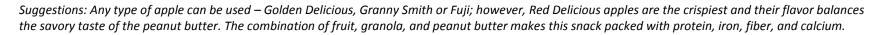
Ingredients:

whole wheat tortilla (8 inch)
tablespoons peanut butter, reduced-fat
tablespoons of granola, low-fat
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.



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

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Recipe adapted from usda.gov

