WHAT'S COOKING IN THE MARKET?
Peanut Butter and Apple Wraps

Servings: 2

Ingredients

1 whole wheat tortilla (8 inch)
1/4 cup peanut butter, reduced-fat
2 tablespoons granola cereal
1/2 apple, sliced (suggest Red Delicious apple)

Directions

1. Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides
2. Sprinkle 2 Tablespoons 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.

Notes:
This recipe could use other apples - 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; the whole wheat tortilla and reduced-fat peanut butter keep it lower in fat.

NUTRITION INFORMATION PER SERVING

Key Nutrients	Amount	% Daily Value
Total Calories	310	
Total Fat	15g	23%
Saturated Fat	2.5g	13%
Trans Fat		
Cholesterol		
Sodium	260 mg	11%
Carbohydrates	31g	10%
Dietary Fiber	5g	20%
Sugars	7g	
Protein	12g	

MYPLATE FOOD GROUPS

- [ ] Grains
- [x] Fruits
- [ ] Vegetables
- [x] Protein
- [ ] Dairy

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