

Apple Wraps

Ingredients:

- 4 bananas
- 3 apples
- 4 tablespoons crunchy peanut butter
- 4 whole wheat tortillas, 96% fat free

Equipment:

- Cutting board
- Knife
- Medium bowl
- Spatula

Number of Servings: 4
 Preparation Time: 10 minutes
 Total time: 10 minutes

Directions

1. Peel bananas and place the bananas in a medium bowl. Mash the bananas with a fork.
2. Add peanut butter to the mashed banana. Stir to mix.
3. On a cutting board and with a sharp knife, cut apples down the center and in half again, down the center. Cut out the core in the center of the apple and the seeds. Chop into small pieces, and add to bananas and peanut butter.
4. Spread peanut butter mixture over tortillas. Tightly roll up tortillas. Cut each wrap in half.
5. Chill in the refrigerator for up to 24 hours.

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Nutrition Facts

Serving Size: 1 tortilla	
Servings: 4	
Amount Per Serving	
Calories 405	Calories from Fat 99
%Daily Value*	
Total Fat 11g	18%
Saturated Fat 2g	12%
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carbohydrate 73g	24%
Dietary Fiber 9g	35%
Protein 8g	19%
Vitamin A 3%	Vitamin C 28%
Iron 11%	Calcium 4%
*Percent Daily Values are based on a 2,000 calorie diet.	

TIP: Wraps are a great way to packing a fun lunch!

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.