



September 20- Peanut Butter and Apple Wrap

Not Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/peanut-butter-and-apple-wraps>

Recipe

Ingredients:

- 1 whole-wheat tortilla
- ¼ cup reduced-fat peanut butter
- 2 Tablespoons granola cereal
- ½ apple, sliced

Directions:

1. Spread peanut butter over tortilla.
2. Sprinkle granola over peanut butter.
3. Cut apple slices into small chunks and place them on top of granola.
4. Fold over the edges of the tortilla and roll up “burrito style”.

Yield 2 servings

Nutrition Facts

Serving Size 1/2 wrap (111.62g)
Servings Per Container 2

Amount Per Serving

Calories 310 **Calories from Fat** 130

% Daily Value*

Total Fat 14g **22%**

Saturated Fat 3g **14%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 300mg **12%**

Total Carbohydrate 34g **11%**

Dietary Fiber 6g **25%**

Sugars 10g

Protein 10g **21%**

Vitamin A 0% • Vitamin C 4%

Calcium 4% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet.