

# Fruity Roll-Ups

Prep time: 10 minutes | Cooking time: 0 minutes | Number of Servings: 8



## Ingredients

- 4 (8-inch) whole wheat tortillas
- ¼ cup creamy peanut butter or substitute
- 1 cup fruit, such as apples, pears, strawberries, bananas, kiwi, diced apricots, or raisins, chopped or sliced

## Directions

1. Soften the tortillas by putting them in the microwave on high for 10 to 15 seconds.
2. Spread 1 tablespoon of peanut butter in a thin layer on each tortilla.
3. Top with several different fruits.
4. Roll up the tortilla, tucking both ends under to prevent leaking. Cut in half. Serve.

## Try Fruit in Season for Great Flavor

**Spring:** Pineapple, mangos, oranges, strawberries

**Summer:** Watermelon, cantaloupe, apricots, peaches, nectarines, blueberries, cherries, raspberries

**Fall:** Grapes, cranberries, pears

**Winter:** Oranges, grapefruit, pears, tangerines, kiwi fruit

**All Year Long:** Apples, bananas, any dried fruit

**Nutrition Facts** (Serving size: ½ tortilla): **Calories** - 120; **Protein** - 4g; **Carbohydrate** - 14g; **Total Fat** - 6g; **Saturated Fat** - 1g; **Fiber** - 2g; **Sodium** - 190mg; **Vitamin C** - 20%; **Vitamin A** - 0%; **Iron** - 0%; **Calcium** - 0%