**Peanut Butter Apple Wrap**

**Ingredients**
1 whole wheat flour tortilla (8 inches)
2 tablespoons peanut butter
1-1/2 tablespoons granola
1/2 large apple

**Directions**
1. Spread each tortilla with 2 tablespoons of peanut butter, leaving 1/2 inch between the spread and edge of the tortilla.
2. Sprinkle 1 1/2 tablespoons of granola over lower two-thirds of peanut butter.
3. Cut apple into quarters; remove core and chop into small pieces. Sprinkle apple evenly over granola.
4. Roll each tortilla starting on apple end, and enjoy!

*Makes 1 serving*

*Nutrition information per serving (1 wrap):*
- 377 calories, 6.4 g protein
- 58.6 g carbohydrates, 434g sodium