Cinnamon Sugar Tortilla Delight

Ingredients
1 (10-inch) whole wheat tortilla
2 teaspoons butter-flavored spread
1 1/2 teaspoons cinnamon sugar

Directions
1. Spread tortilla with butter-flavored spread; sprinkle with cinnamon sugar.
2. Roll into a tube shape, and then place on a microwave safe plate. Microwave on high for 30 seconds to warm.
3. Enjoy!

Makes 1 serving

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