

Cinnamon Sugar Tortilla Delight

IOWA

Student Wellness

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, 434g sodium