

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