

Apple Wraps

Kids love this fruit-filled tortilla, and they can help make it! For an easy make-ahead breakfast—assemble it the night before. Eat it with a cup of yogurt in the morning.



Recipe adapted from the Virginia Cooperative Extension

Credit: Jani Leuschel

Serves 4

Prep time: 15 minutes

Materials needed: Cutting board • Measuring spoons • Medium bowl • Sharp knife

Ingredients

- 1 large apple
- 2 medium ripe bananas

- 2 Tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

Instructions

1. Rinse and cut apple in half, lengthwise. Remove any stems. Cut out center core that contains the seeds. Do not peel.
 2. Lay apple halves flat side down. Cut into ¼-inch thick slices. Cut slices into small cubes.
 3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces. Use your fingers or a fork to mash pieces until creamy and smooth.
 4. Add peanut butter to mashed banana. Stir well to blend.
 5. Spread peanut butter mixture over one side of each tortilla.
 6. Sprinkle diced apple over peanut butter. Tightly roll each tortilla. Cut each wrap in half.
 7. Chill in refrigerator until ready to serve, up to 24 hours
- ✓ Calories: 182 per each wrap (half of tortilla)

Recipes created or adapted by **Jani H. Leuschel**, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](https://www.foodhallbyjani.com), a website featuring recipes with nutrition bonuses.



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