

# Apple Wraps

This tasty wrap features a fall favorite-apples! Shake up the kid's lunches by sneaking this fruity favorite in.

Makes: 4 servings

Prep Time: 15 minutes

Source: Cooking Matters

## Ingredients

- 1 large apple
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

## Directions

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.



## Small Changes, BIG Difference!

Click image to watch the recipe video or visit [snapedny.org](http://snapedny.org)



### Nutrition Information

Serving Size: 1/2 wrap

Nutrients	Amount
Calories:	190 g
Total Fat:	6 g
Saturated Fat:	1.5 g
Cholesterol:	0 mg
Sodium:	200 mg
Total Carbohydrates:	34 g
Dietary Fiber:	3 g
Total Sugars:	14 g
Added Sugars:	0 g
Protein	5 g

### Utensils Needed

- Cutting board
- Measuring spoons
- Medium bowl
- Sharp knife
- Fork and spreading knife

# SHOPPING LIST

Average total cost without oil and seasonings: \$4.99

Average cost/serving: \$1.25

Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Flour tortillas, 6 inch



Add 2 to Cart  
Bananas



Add 1 to Cart  
Apple



Add 1 to Cart  
Peanut Butter

## SAVE TIME, SAVE MONEY

### Produce and Cooking Tips

- If you or someone in your family has a peanut allergy, consider using sunflower seed butter or or another nut butter. You could also use low-fat vanilla yogurt for a different take on this snack.

### Similar Recipes

- Consider trying similar quick and healthy recipes found on [snapedny.org](http://snapedny.org), such as:
  - Apple Cinnamon Wrap and Rolls
  - Apple Cinnamon Bars

## My Cooking Notes