Fruity Roll-Ups

**Prep time:** 10 minutes  |  **Cooking time:** 0 minutes  |  **Number of servings:** 8

4 (8-inch) whole wheat tortillas

¼ cup creamy peanut butter or substitute

1 cup fruit, such as apples, pears, strawberries, bananas, kiwi, dried apricots, or raisins, chopped or sliced

**Directions**

1. Soften the tortillas by putting them in the microwave on high for 10 to 15 seconds.

2. Spread 1 tablespoon of peanut butter in a thin layer on each tortilla.

3. Top with several different fruits.

4. Roll up the tortillas, tucking both ends under to prevent leaking. Cut in half. Serve.

**Food Sense Tip**

- Try this recipe with new fruits and let your kids help you. Making healthy snacks together creates memories to last a lifetime!

**Nutrition Facts** (Serving size ½ tortilla): Calories=120; Protein=4g; Carbohydrate=14g; Total Fat=6g; Saturated Fat=1g; Fiber=2g; Sodium=190mg; Vitamin C=20%; Vitamin A=0%; Iron=0%; Calcium=0%

Adapted from Kid Approved Healthy Snacks, Michigan Nutrition Network
Try Fruit in Season for Great Flavor

Spring  Pineapple, mangos, oranges, strawberries
Summer  Watermelon, cantaloupe, apricots, peaches, nectarines, blueberries, cherries, raspberries
Fall     Grapes, cranberries, pears
Winter   Oranges, grapefruit, pears, tangerines, kiwi fruit
All Year Long  Apples, bananas, any dried fruit

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

USDA and Washington State University are equal opportunity providers and employers.