



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

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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



KID-TESTED SNACKS

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