

## **Fruit Roll-Up**

1 whole grain tortilla

1 ½ Tablespoons peanut butter

½ to 1 cup sliced fruit (any kind-apples, bananas, pears, grapes, etc.)

Wash hands. Spread peanut butter on one side of tortilla. Place sliced fruit on top of peanut butter. Roll up the tortilla tightly to keep the fruit inside. Slice in half and serve. Yield: 2 servings

Nutrition information per serving: 200 calories, 8 g fat, 6 g protein, 27 g carbohydrate, 3 g fiber, 280 mg sodium