CAPITAL REGION
EAT SMART NEW YORK Program

Apple Wraps

Cooking Matters
A perfect snack for hungry kids!

Ingredients

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

Materials

Cutting board
Measuring spoons
Medium bowl
Sharp knife

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 1/4-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.

Nutrition Facts

Serving Size 1/2 wrap per serving (147g)
Servings Per Container 4

Amount Per Serving

Calories 190	Calories from Fat 50
	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 35g	**12%**
Dietary Fiber 5g	**20%**
Sugars 15g	
Protein 5g	

Vitamin A 2% • Vitamin C 15%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Notes

View Online

http://capitalregionesny.org/recipes/apple-wraps

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USDA is an equal opportunity provider and employer. This material was funded by USDAâ€™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. For any other information dealing with Supplemental Nutrition Assistance Program (SNAP) issues, persons should either contact the USDA SNAP Hotline Number at (800) 221-5689, which is also in Spanish, call NYS hotline (800) 342-3009 or go to myBenefits.ny.gov.

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