



Fruity Roll-Ups

Adapted from *Michigan Nutrition Network*



Ingredients



- 4 (8-inch) whole wheat tortillas
- 1 cup fruit (pears, apples, berries, kiwi, bananas, or raisins), chopped or sliced
- 1/4 cup peanut butter



Directions



Yield: 4 servings **Serving Size:** 1 roll-up

1. Soften the tortillas by putting them in the microwave on high for 10-15 seconds.
2. Spread 1 Tbsp. of peanut butter in a thin layer on each tortilla.
3. Top each tortilla with a variety of fruits.
4. Roll up the tortilla, tucking both ends under to prevent spilling. Eat whole, cut in half, or cut into bite size and serve.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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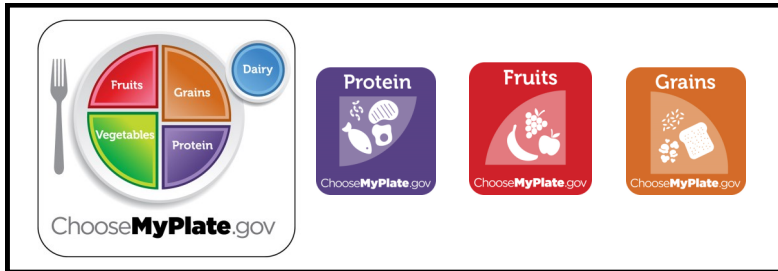
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Fast Facts



Featured Food Groups



Cooking Tips



- Use a variety of fruits.
- Buy fruit in season for great flavor.
- Substitute peanut butter with hummus, cream cheese, or sun butter.

Nutrition Facts

4 servings per container	
Serving size	1
Amount Per Serving	
Calories	120
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1.1g	6%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	7%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 28.9mg	2%
Iron 0.5mg	2%
Potassium 179mg	4%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

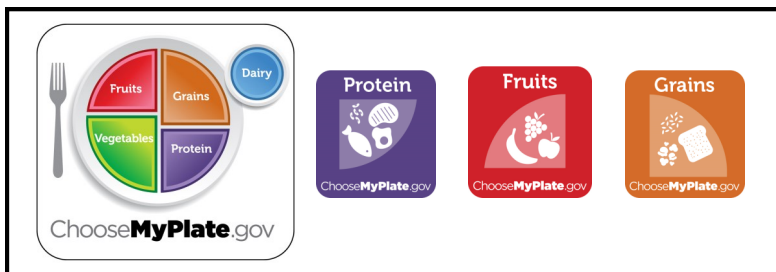
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