



PHOTO CREDIT: Pixabay

Apple Cinnamon Wrap & Roll

Source: "Get Fresh!" Video, Division of Nutritional Sciences, Cornell University, 2001

Serving size: 1/2 tortilla **Servings per recipe:** 4 servings

Kids love helping to prepare these tasty wraps!

Ingredients

1 ½ tablespoons sugar
 ½ teaspoon cinnamon
 Non-stick cooking spray
 1 apple (about 1 cup chopped)
 2-3 tablespoons low-fat vanilla yogurt
 2 6-inch flour tortillas

Materials

Sharp knife, cutting board, measuring spoon & cup, small and medium mixing bowls, frying pan, spatula and mixing spoon

Directions

- Mix sugar and cinnamon in a small bowl.
- Wash and chop apples. Place in a medium bowl.
- Add yogurt to apples, stirring to combine.
- Lay tortilla flat on a plate. Lightly spray top side with non-stick cooking spray. Sprinkle with a spoonful of the cinnamon sugar.
- Flip tortilla so unsprayed side is up. Using ½ of the apple mixture fill half of the tortilla, folding other half over mixture.
- Heat non-stick cooking spray in frying pan on medium heat.
- Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side.
(If pan starts to smoke, remove from burner for a minute, then continue.)
- Remove from pan and cut in half.
- Repeat with remaining tortilla.

Nutrition Facts

Serving Size 1/2 tortilla (104g)

Servings Per Container 4

Amount Per Serving

Calories 210 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 320mg **13%**

Total Carbohydrate 36g **12%**

Dietary Fiber 3g **12%**

Sugars 10g

Protein 5g

Vitamin A 0% • Vitamin C 4%

Calcium 2% • Iron 0%

*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

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