Fruit Wrap

Makes: 1 serving

Preparation time: 5 minutes

Ingredients:

yogurt (any flavour)	¼ cup
10-inch (25 cm) whole wheat tortilla	1
strawberries sliced	3
small banana sliced	1/2
low-fat granola (optional)	2 tbsp
	10-inch (25 cm) whole wheat tortilla strawberries sliced small banana sliced

Directions:

Spread yogurt up the middle of the tortilla. Place strawberry slices, banana slices and granola (if using) on top of the yogurt. Roll up tortilla.



Nutrition information:

Per Serving Calories 236 kcal Fat 2 g Sodium 308 mg 57.2 q Carbohydrate Dietary Fibre 4.7 g Protein 8 g Iron 1.5 mg Calcium 99 ma

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Tips & Facts

To save money:

Check store flyers for sales on the ingredients you need. Thawed, frozen strawberries can be substituted for fresh strawberries.

Ask your children to help!

They can cut the fruit with a plastic knife and make this recipe on their own with little to no help!

Tip:

Packing a lunch for work/school helps you to have more control over the food you eat and how the food is prepared. Try to include vegetables and fruits at each meal and snack. The fruit wrap can be taken to work/school as a guick breakfast, lunch or snack. Cut tortilla wrap in half for younger childrens' lunch.



Durham Health Connection Line 905-668-2020 or 1-800-841-2729 durham.ca/healthyeating









If you require this information in an accessible format, contact 1-800-841-2729.