

Fruit Wrap

Makes: 1 serving

Preparation time: 5 minutes

Ingredients:

50 ml	yogurt (any flavour)	¼ cup
1	10-inch (25 cm) whole wheat tortilla	1
3	strawberries sliced	3
½	small banana sliced	½
25 ml	low-fat granola (optional)	2 tbsp

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
Carbohydrate	57.2 g
Dietary Fibre	4.7 g
Protein	8 g
Iron	1.5 mg
Calcium	99 mg

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 quick 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.

