

APPLE WRAPS



Blue Cross & Blue Shield of
Mississippi Foundation

A Subsidiary of Blue Cross & Blue Shield of Mississippi.



Makes 4 servings
Serving Size: 1/2 wrap
Prep time: 10 minutes

Ingredients

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

Nutrition information per serving:

Calories 190, Total Fat 5 g, Saturated Fat 1 g, Cholesterol 0 mg, Sodium 210 mg, Carbohydrates 35 g,
Dietary Fiber 5 g, Protein 5 g

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Preparation



1. Rinse and cut the 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 ¼-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.

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