Apple Cinnamon Wrap and Roll

Ingredients:

3 Tablespoons Sugar  
1 Teaspoon Cinnamon  
2 Apples (2 cups chopped)  
½ Cup Low-fat Vanilla Yogurt  
4 Medium (6-inch) Flour Tortillas  
3 Teaspoons Vegetable Oil

Directions:

1. Mix sugar and cinnamon in a small bowl. Pour 1 teaspoon of oil in a saucer.
2. Wash and chop apples into small pieces. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Use fingers to lightly coat top side with oil. Sprinkle it with a spoonful of cinnamon sugar mixture.
5. Turn tortilla over so un-oiled side is up. Put 1/4 cup of the apple mixture, on half of the tortilla, folding the other tortilla half over the mixture.
6. Heat 2 teaspoons oil in frying pan on medium.
7. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (if oil starts to smoke, remove pan from burner for a minute and then continue.)
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yields about 8 servings


Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>% Daily Value *</th>
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<tbody>
<tr>
<td>½ Tortilla</td>
<td>113</td>
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Total Fat 3g  5%
Saturated Fat 0.5g  3%
Trans Fat 0g
Cholesterol 0mg  0%
Sodium 83mg  5%
Total Carbohydrate 20g  6%
Dietary Fiber 1g  4%
Sugars 10g

Protein 2g

Vitamin A 0%  Vitamin C 2%
Calcium 4%  Iron 4%

Calories: 2000  2,500
Fat: Less than 65g  80g
Saturated Fat: Less than 3g  25g
Cholesterol: Less than 300mg  300mg
Sodium: Less than 2,400mg  2,400mg
Total Carbohydrate: Less than 350g  30g
Dietary Fiber: 25g  30g

27% calories from fat

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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