



Apple Cinnamon Wrap and Roll

Ingredients:

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups chopped)
- 1/3 cup low-fat vanilla yogurt
- 4 medium flour tortillas (6 inch each)
- 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 that the side without oil 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

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001.

Nutrition Facts

servings per container

Serving size 1/2 tortilla (78g)

Amount per serving

Calories **120**

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 100mg **4%**

Total Carbohydrate 20g **7%**

Dietary Fiber 1g **4%**

Total Sugars 11g

Includes 5g Added Sugars **10%**

Protein 2g

Vitamin D 0mcg **0%**

Calcium 20mg **2%**

Iron 0mg **0%**

Potassium 50mg **2%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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

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