



## APPLE WRAPS

### UTENSILS:

- Cutting board
- Measuring spoons
- Sharp knife
- Medium bowl
- Fork

Portions: 4

Preparation time: 15 minutes

### INGREDIENTS:

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

\*Recipe from Share Our Strength Cooking Matters

Find more recipes online at: [www.gcfb.org/recipes\\_resources](http://www.gcfb.org/recipes_resources)

## DIRECTIONS:

1. Rinse and cut 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 1/4 inch thick slices. Cut slices into small cubes.
3. Peel banana. 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.

## Chef Notes:

Use any type of apple you like. Each kind of apple has a different taste and texture, all that taste delicious in this wrap!

Great Way to incorporate Fruit in your snack!

Toast tortillas over skillet for better texture and flavor