



A Nutrition Resource



# APPLE WRAP

**Yield: 4 Servings | Serving Size: 1/2 wrap**

**Cost/serving: \$0.53**

**Ingredients:**

- 1 large apple, cut into small cubes
- 1 medium, ripe banana, cut in slices
- 2 Tablespoons peanut butter
- 2 whole wheat tortillas

**Directions:**

- 1) Spread peanut butter over one side of tortillas.
- 2) Sprinkle apple and banana over peanut butter.
- 3) Tightly roll each tortilla. Cut each wrap in half.

**Option:** Try different chopped fruit, like peaches, pears, mangoes, and berries. Substitute any nut butter. Try in a whole wheat pita pocket instead of a tortilla.

## Nutrition Facts

4 servings per container  
**Serving size 1/2 wrap (117g)**

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 27g	<b>10%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 48mg	4%
Iron 1mg	6%
Potassium 225mg	4%

\*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.



**This institution is an equal opportunity provider.**

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or [www.apply.mt.gov](http://www.apply.mt.gov). Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

