

Apple Cinnamon Wrap and Roll

Ingredients:

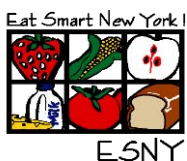
- 3 Tablespoons Sugar
- 1 Teaspoon Cinnamon
- 2 Apples (2 cups chopped)
- 1/3 Cup Low-fat Vanilla Yogurt
- 4 Medium (6-inch) Flour Tortillas
- 3 Teaspoons Vegetable Oil

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

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



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

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Nutrition Facts			
Serving Size 1/2 Tortilla			
Servings Per Recipe 8			
Amount Per Serving			
Calories	113	Calories from Fat	30
% Daily Value *			
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%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	20g	25g
Sodium	Less than	300mg	300mg
Total Carbohydrate	Less than	2,400mg	2,400mg
Dietary Fiber		300g	375g
		25g	30g
27% calories from fat			

