Apple Cinnamon Wrap and Roll

Ingredients:
- 3 Tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups finely chopped)
- 1/3 cup low-fat vanilla yogurt
- Cooking spray
- 4 6-inch whole wheat flour tortillas
- 2 teaspoons vegetable oil

Instructions:
1. Mix sugar and cinnamon in small bowl.
2. Wash and finely chop apples. Place in medium bowl.
3. Add yogurt to apples, stirring to combine.
4. Lay tortilla flat on plate. Lightly spray top side with cooking spray. Sprinkle with a spoonful of cinnamon sugar.
5. Flip tortilla so un-oiled side is up. Using ¼ of apple mixture, fill half of tortilla and fold over other half.
6. Heat 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.
8. Remove from pan and cut in half.
9. Repeat with remaining tortillas.

Yield: 8 servings

Variation: Use canned pears or peaches, which can be cut with a plastic knife.

Source: Adapted from Get Fresh! Cornell University, 2001.