Apple Cinnamon Wrap and Roll
Makes 8 – ½ tortilla servings

Ingredients:
- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 2 apple (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, core 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.

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