

Crunchy Apple Roll-up

2 servings

Snacking can be an important part of a healthy diet. Plan and choose snacks that are full of good things our bodies need instead of snacks that are full of extra calories, sugar and fat.

- ½ medium apple, gently rubbed under cold running water, thinly sliced
- 1 Tablespoon peanut butter
- 1 (8 inch) whole wheat tortilla
- 2 Tablespoons crispy rice cereal



1. Wash hands with soap and water.
2. Lay tortilla on a plate.
3. Spread peanut butter in a thin layer over the tortilla.
4. Place apple slices in an even layer over peanut butter.
5. Sprinkle apple slices with cereal.
6. Roll the tortilla up and cut in half.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/2 of a roll-up): Calories 140, Total Fat 6g, Saturated Fat 1.5g, Cholesterol 0mg, Sodium 190mg, Total Carbohydrates 19g, Dietary Fiber 2g, Total Sugars 6g, Includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 2%.

Recipe Source: This recipe is provided by Iowa State University Extension and Outreach. For more resources like this, visit the Spend Smart. Eat Smart. website at <http://spendsmart.extension.iastate.edu>. Spend Smart. Eat Smart. is a registered trademark of Iowa State University.