

Sandwiches

Peanut Butter Apple Wraps

Publix Aprons Simple Meals

Publix Super Markets, Inc.

Servings: 4

4 8-inch whole wheat flour tortillas

1/2 cup creamy peanut butter

6 tablespoons granola cereal

1 large red-skinned apple

Spread each tortilla to 1/2-inch of the edge with two tablespoons of peanut butter.

Sprinkle 1 1/2 tablespoons of granola over the lower two-thirds of the peanut butter.

Cut the apple into quarters. Remove the core and chop into small pieces. Sprinkle the apple evenly over the granola.

Start rolling each tortilla on the apple end. Fold over one edge and continue rolling up, leaving one end open or fold over both edges and continue rolling up burrito style.

Per Serving (excluding unknown items): 0 Calories; 0g Fat (0.0% calories from fat); 0g Protein; 0g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 0mg Sodium. Exchanges: .