

Crunchy Peanut Butter and Apple Wrap

Yields: 1 each

Nutritional info: 558 kcals, 21 g fat, 17 g protein, 11 g fiber

Ingredients:

- ½ Fresh Lemon
- 1 Granny Smith Apple
- 4 TBSP Green Seedless Grapes
- 2 TBSP Peanut Butter (creamy)
- ¼ cup Granola (with raisins and almonds if possible)
- 1 Whole Wheat Flour Tortilla (10 inch)

Directions:

- Peel apple, remove ends and core. With box shredder, shred apples into mixing bowl and toss with juice of ½ the lemon
- Lay tortilla flat, add 2 TBSP Peanut butter and spread evenly. Cover with the granola and ½ cup of shredded apples.
- Fold in sides of tortilla and then tightly roll up tortilla into a burrito shape. Cut in half, garnish with fresh grapes.



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