

Healthy Fruit Snack Recipe aired on WMUR 12/13/07

1 small whole wheat wrap

2 Tbs. strawberry flavored cream cheese spread (peanut butter or low fat vanilla yogurt can be substituted)

1/2 cup thinly sliced fruit or small fruit pieces (bananas, strawberries, apple, mandarin oranges, blueberries, raisins)

Spread cream cheese on wrap. Place one layer of fruit slices on wrap. Fold up 1 inch of the bottom of the wrap. Roll up the wrap from the left side to the right side forming a tight roll up. Eat and enjoy.

Provides 1 serving of fruit

Calories: 220