

## Apple Cinnamon Wrap and Roll

Yield: 4 6-inch wraps

Serves: 8 adults

### Ingredients

- 3 tablespoons sugar
- 1 teaspoon cinnamon
- 3 teaspoons vegetable oil
- 2 medium chopped apples (2 cups)
- 1/3 cup low-fat vanilla yogurt
- 4 6-inch flour tortillas.

### Steps

1. **Mix sugar and cinnamon in small bowl.**
2. Pour 1 teaspoon vegetable oil in small saucer.
3. **Wash** and chop apples. Place in medium bowl.
4. Add yogurt to apples. **Stir to combine.**
5. **Lay tortilla flat on plate.** Use fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar.
6. Flip tortilla so un-oiled side is up. Fill half of tortilla with 1/4 of apple mixture.
7. **Fold other half of tortilla over mixture.**
8. Heat 2 teaspoons of vegetable oil in skillet on medium.
9. Place folded tortilla in pan and cook about 1 minute or until lightly browned.
10. Flip and cook second side in the same manner.
11. Remove from pan and cut in half.
12. Repeat with remaining tortillas.
13. **Enjoy.**

**Have your child help you do the bold steps.**

Adapted from Get Fresh At Your Farmers Market produced by Cornell Cooperative Extension and Division of Nutritional Sciences, NYS Colleges of Human Ecology and Agriculture and Life Sciences, Cornell University; NYS Department of Agriculture and Markets; and NYS Department of Health. Funded by the Food and Nutrition Service, U.S. Department of Agriculture, Grant Number 59-3798-8-501. Reprinted with permission.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-342-3009. This material was funded by USDA's SNAP. FNS/USDA reserves a royalty-free non-exclusive license to reproduce, publish, use or authorize others to use all videos or literature including copyrighted items resulting from this project. In accordance with Federal law and USDA policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.