

Granola Crunch Apple Peanut Butter Wrap

Ingredients:

- 1 flatbread, whole wheat
- 3 tablespoons peanut butter
- 1/3 cup apples, cut into matchsticks
- 2 tablespoons golden raisins
- 2 tablespoons dried cranberries
- 2 tablespoons granola
- 1/8 teaspoon cinnamon

Directions:

1. Place flatbread on your work surface and spread with peanut butter.
2. Lay apple matchsticks evenly, lengthwise, down the center of the flatbread. Sprinkle raisins, cranberries, granola, and cinnamon evenly over top of the apples.
3. Beginning at one long side, roll the flatbread up.
4. Cut in half and serve.

Note: Feel free to substitute peanut butter for almond butter, apples for pears (or combination of both), or use other dried fruits like blueberries or dates. Also, be sure to read the labels for store bought granola as different brands differ significantly in their ingredients, amounts of fats and sugars, etc.

Nutrition Facts	
Serving Size 1/2 wrap (108g)	
Servings Per Container 2	
Amount Per Serving	
Calories 340	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 46g	15%
Dietary Fiber 8g	32%
Sugars 18g	
Protein 11g	
Vitamin A 0%	Vitamin C 6%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
 (907) 631-7630
 southcentralfoundation.com

Source: twohealthykitchens.com

