



FRUITY ROLL-UPS

MAKES 4 SERVINGS

INGREDIENTS

- 4 (6-inch) whole grain tortillas
- 4 tablespoons peanut butter, fruit spread or jelly, or low fat plain or fruit-flavored cream cheese
- 2 cups chopped or sliced fruit such as apples, pears, strawberries, bananas, kiwi fruit, dried apricots, raisins, etc.



Serve fruits or veggies as part of every meal or snack.

DIRECTIONS

1. Wash hands for 20 seconds with warm water and soap, have children wash their hands too.
2. Put chopped fruit in bowls with a spoon for serving.
3. Give each child a tortilla and a butter knife.
4. Let children make a Fruity Roll-Up by putting the spread on their tortilla, then adding fruit pieces.
5. Show children how to roll the tortilla so that the fruit does not fall out.
6. Enjoy!

CHANGE IT UP

If your child is allergic to nuts, try a sunflower seed butter instead.



SERVING SIZE:

1 (6-inch) tortilla with 1 tablespoon spread + ½ cup chopped/sliced fruit