



FRUITY WRAPPERS

Ingredients (1 Serving)

- Fresh or frozen (thawed) strawberries
- Bananas
- Small whole grain wraps
- Unsweetened yogurt with 2% or less M.F. (milk fat)

Directions

- Remove stems and wash strawberries. Peel bananas. Cut bananas in coins and strawberries in half.
- Spread yogurt on a wrap and fill with banana coins and strawberry pieces.
- Fold wrap (heat in microwave for about 20-30 seconds if desired).

Variation: can also try using vegetables with lower fat cream cheese.