Dinner Tonight!

Apple Cinnamon Wrap & Roll

Non-stick cooking spray
1 ½ Tablespoons sugar
½ teaspoon cinnamon
1 apple
2 Tablespoons low-fat vanilla yogurt
2 6-inch flour tortillas

Wash your hands and clean your cooking area. Mix sugar and cinnamon in a small bowl. Wash and chop apples. Place in a medium bowl. Add yogurt to apples, stirring to combine. Lay tortilla flat on a plate. Lightly spray top side with non-stick cooking spray. Sprinkle with a spoonful of cinnamon sugar. Flip tortilla so unsprayed side is up. Using ½ of the apple mixture fill half of the tortilla, folding the other half over mixture. Heat non-stick cooking spray in frying pan on medium heat. Place folded tortilla in pan and cook about 1 minute or until lightly browned. Flip to cook second side (if pan starts to smoke, remove from burner for a minute, then continue). Remove from pan and cut in half. Repeat with remaining tortilla.

Preparation Time: 5 minutes
Serves: 4

Nutrition facts per serving
Calories: 90
Total Fat: 1 g
Cholesterol: 0 mg
Sodium: 100 mg
Total Carbohydrate: 18
Protein: 2 g