



## Fresh Fruit Burritos

**Preparation Time: 15 to 30 minutes**

### 4 Servings Ingredients

4-6-inch flour tortillas  
1 banana  
4 tbsp low fat vanilla yogurt  
4 tbsp creamy peanut butter  
4 medium fresh strawberries  
1/4 cup fresh blueberries

### Utensils

Paper plates  
Napkins  
Spoons  
Knives  
Forks  
Measuring spoons  
Measuring cups

### Directions:

1. Wash fresh strawberries, blueberries, and peach; peel peach, halve and remove pit.
2. For each burrito, spread 1 tbsp. peanut butter evenly on a flour tortilla to within 1/2 inch of edge.
3. Onto each tortilla distribute in a line along the center 1/4 sliced banana, 1 sliced fresh strawberry, 1/4 thinly sliced peach and approx. 1 tbsp. blueberries.
4. Drizzle 1 tbsp. vanilla yogurt over the fruit.
5. Carefully fold one side of tortilla over the fruit, tucking the edge under the fruit so it's not too loosely packed.
6. Roll the folded and tucked portion of the burrito towards the other side; the peanut butter will help hold it together. (If desired for small children, cut the burrito in half crosswise, using a diagonal cut.)

### Cook's Notes:

Kids can help wash fruit and put the burritos together, but keep small hands away from sharp knives used for slicing fruit! This is our favorite combination of fruits, but of course the recipe can be adapted to include other fruit on hand, or scaled up using larger tortillas for a heartier snack or even a light summer lunch.

### Nutrition Facts:

Calories	238	Calcium	65mg
Protein	7g	Iron	1.4mg
Fat	10 g	Vitamin A	30mg
Carbohydrates	30g	Vitamin C	18mg
Fiber	2g	Sodium	148mg

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