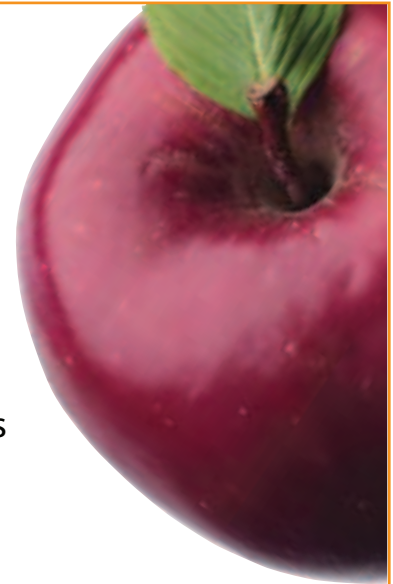


## Raisin-Apple Tortilla Roll-Ups

### Ingredients:

1	1	apple
25 mL	2 tbsp	low-fat cream cheese, softened
10 mL	2 tsp	liquid honey *
125 mL	½ cup	raisins
4	4	6-inch (15 cm) whole wheat tortillas
1 mL	¼ tsp	ground cinnamon
2 mL	½ tsp	granulated sugar



### Preparation:

1. Use a knife to core and finely chop the apple.
2. Measure out cream cheese and honey and combine them in a small bowl. Measure out raisins and stir in. Stir in apples. Divide cream cheese mixture evenly among tortillas and spread using a butter knife or spreader. Sprinkle with cinnamon and sugar.
3. Roll up tortillas and secure with toothpicks, if necessary. Place seam side down, one at a time, on a plate. Optional: Microwave each roll on Medium (50%) for 1 minute or until warmed through.

Makes 4 Roll-Ups

Preparation Time: about 10 minutes

### Equipment:

- knife and cutting board
- bowls
- spoon
- butter knife or spreader

### Canada's Food Guide Servings:

1 roll-up is 1 GRAIN PRODUCTS serving and ½ VEGETABLES AND FRUIT serving

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\* Honey is not recommended for children under 1 year.

