

Healthy snacks!

Fruit Tacos



Ingredients

Spreadable Protein

- Peanut Butter
- Almond Butter
- Spreadable Cheese
- Greek Yogurt

Fresh Fruit

- Berries
- Banana
- Apples

Nuts or Seeds

- Flax Seed
- Walnuts
- Almonds

Spreadable Fruit

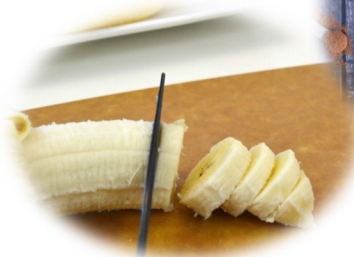
- Applesauce
- Pumpkin Butter
- Apple Butter

Dried Fruit

- Dried Cranberries
- Raisins
- Dried Apricots

Directions:

1. Warm the tortilla (or frozen pancakes or waffles) in the toaster or microwave. This makes spreading the spreadable protein or fruit a bit easier.
2. Spread your favorite spreadable protein on the tortilla.
3. Add your favorite fruit. The fold in half and enjoy your fruit taco.



Some of our favorite combos are:

- Spreadable cheese and berries
- Peanut butter and bananas
- Almond butter and dried cranberries
- Greek yogurt, berries and flax seed
- Applesauce and walnuts