Banana Wrap

Makes 1 Serving

1 flour tortilla
2 tablespoons peanut butter or low-fat cream cheese
1 tablespoon slivered almonds (optional)
1 medium banana

Spread peanut butter on one side of tortilla and top with almonds. Peel banana and place on top of peanut butter. Roll up tortilla tightly.

Tortilla Pizza

Makes 1 Serving

1 flour tortilla
1 tablespoon pizza sauce from jar or can vegetable toppings (tomatoes, green peppers, and mushrooms)
¼ cup shredded cheese

Layer pizza sauce, vegetable toppings, and cheese. Cook in the oven or microwave until cheese melts.
**Microwave Burrito**

*Makes 1 serving*

- 1 flour tortilla
- 1 tablespoon refried beans
- 1 tablespoon canned chicken (shredded)
- 2 tablespoons shredded cheese
- 1 tablespoon chopped tomatoes
- ½ teaspoon black olives (optional)
- Pineapples to taste (optional)
- Salsa (regular mild, pineapple, mango)

Place beans, chicken, and cheese on tortilla. Heat in the microwave for 30 seconds. Add other toppings. Roll up each tortilla tightly.

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**Fruit Pizza**

*Makes 2 Servings*

- 2 flour tortillas
- ⅓ cup apple butter
- ½ apple, thinly sliced (any variety)
- 1 kiwi, peeled (or just scooped out)
- 4 strawberries (green tops removed, berries sliced)
- Cinnamon, to taste

Preheat the oven to 300°F. Place tortillas on a baking sheet. Spread apple butter fairly thickly over the flour tortilla. Arrange apple slices around the outside edge of the tortilla. Add a circle of kiwi slices and strawberries. Place a kiwi or berry slice in the center. Sprinkle with cinnamon. Bake on center rack until fruit is softened, about 15 to 20 minutes.