Fruity Breakfast Wrap Recipe

**SERVINGS: 1**
**INGREDIENTS**1 whole wheat tortilla (small; 113kcal)
3 Tablespoons of regular ricotta cheese
1 Tablespoon of low-sugar, strawberry jelly
1/3 cup fresh, sliced strawberries

**DIRECTIONS**

1. Spread ricotta cheese and jelly on tortilla
2. Sprinkle sliced strawberries on top of ricotta cheese and jelly
3. Roll up tortilla and enjoy!

**NUTRITIONAL ANALYSIS PER SERVING (1 tortilla wrap)**
Calories: 233
Fat: 9 grams
Protein: 8 grams
Carbohydrate: 30 grams
Cholesterol: 24 mg
Sodium: 229 mg
Sugar: 8 grams