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