

# Breakfast Wrap

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1 apple  
4 slices reduced fat cheddar cheese  
4 low fat tortillas

**Makes 4 portions, 1 wrap each**

Per portion

Calories:	238
Carbohydrate:	35 grams
Protein:	9 grams
Fat:	7 grams
Saturated fat:	3 grams
Cholesterol:	15 milligrams
Sodium:	355 milligrams
Dietary fiber:	3 grams

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1. Slice apple into thin slices.
  2. Place 1 slice cheese and one fourth sliced apple on each tortilla and roll.