POWER FRUIT WRAPS

Time: 20 min.
Servings: 4 people

Ingredients:
- 1 c. nonfat plain yogurt
- 2/3 c. low-fat cottage cheese or Greek yogurt
- 1/4 tsp. vanilla extract
- 3/4 c. sliced strawberries
- 3/4 c. blueberries
- 1/2 c. seedless red grapes, sliced
- 1/4 c. diced prunes
- 3/4 c. low-fat granola
- 4 apple-cinnamon whole wheat tortillas (8-inch)

Directions:
- Combine yogurt, cottage cheese & vanilla in a bowl. Add strawberries, blueberries, grapes, & prunes; mix thoroughly. Add granola & stir well.
- Spread one-quarter of the filling in the middle of each tortilla, leaving a 1/2-inch border on the sides and bottom. Fold the bottom end of the tortilla up and over the filling, fold in both sides, and continue rolling.

Benefits: The fruits above contain powerful antioxidants, vitamins, and minerals for health (Strawberries - Vitamin C, Vitamin A, and Potassium; Blueberries - Fiber, Various Phytochemicals, and Vitamin C; Grapes - Manganese, Flavonoids, and Vitamin C; Prunes - Potassium, Fiber, and Vitamin K).

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