

Breakfast Fruit Wrap

1 tortilla, preferably whole wheat
2 teaspoons "fruit only" strawberry preserves
2 tablespoons reduced fat ricotta cheese
1/3 - 1/2 cup sliced fresh strawberries
2 tablespoons sliced almonds, toasted

Spread preserves on tortilla. Top with ricotta cheese. Carefully top with sliced fruit. Sprinkle with sliced almonds. Starting from one end, roll tightly. Wrap in foil for neater eating. Makes 1 fruit wrap. Variation: Spread tortilla with apricot preserves and use sliced fresh or canned, well-drained peaches.

Per serving: 231 calories, 9 g fat (2 g saturated fat), 34 g carbohydrate, 9 g protein, 4 g dietary fiber, 213 mg sodium.

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