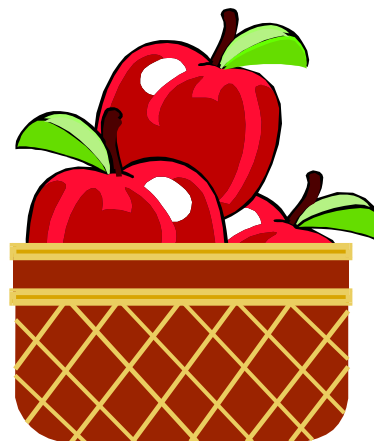


# Apple Wraps

For each Apple Wrap, you will need:

1 6-inch flour tortilla shell  
3-4 Tablespoons applesauce  
Cinnamon or Cinnamon/Sugar mixture  
Shredded cheese (optional)



All you will need to do is:

1. Spread the applesauce evenly over the flour tortilla.
2. Sprinkle with cinnamon (or cinnamon/sugar mixture) and shredded cheese (optional).
3. Tightly roll up the tortilla and place on microwaveable dish, paper plate, or paper towel.
4. Microwave for 10-15 seconds.
5. Eat and enjoy it while it's still warm!