



## Fruit and Yogurt Roll-Ups

Tortillas can be a part of any meal. In this simple recipe, a whole grain-rich tortilla is filled with fruit, yogurt, and granola (optional) for a cool and crunchy breakfast offering.

**Ages:** 3–5 years  
**Makes:** 6 servings

**Prep time:** 10 minutes  
**Cook time:** 0 minutes

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### INGREDIENTS

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- 3 tortillas**, whole-wheat (8" across, at least 42 g or 1½ oz each)
- ¾ cup** Greek yogurt, non-fat, vanilla
- 1 ½ cups** strawberries, fresh, ¼" diced (gently wash strawberries under running water before cutting)
- ¼ cup + 2 Tbsp** granola (optional)

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### DIRECTIONS

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- 1.** Wash hands with soap and water for at least 20 seconds.
- 2.** Spread ¼ cup of yogurt on each tortilla.
- 3.** Top each tortilla with ½ cup diced strawberries.
- 4.** Sprinkle each tortilla with 1 Tbsp granola (optional).
- 5.** Roll tortillas like a burrito.
- 6.** Cut in half on a bias (at an angle).
- 7.** Serve 1 half. Serve immediately, or keep cold at 40 °F or lower.

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## NUTRITION INFORMATION

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1 half Fruit and Yogurt Roll-Up  
(without granola)

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>99</b>
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<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>140 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	4 g
Total Sugars	5 g
Includes Added Sugars	N/A
<b>Protein</b>	<b>6 g</b>
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Vitamin D	N/A
Calcium	87 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

*Source:* Team Nutrition CACFP Easy Recipe Project


[TeamNutrition.USDA.gov](http://TeamNutrition.USDA.gov)

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## CACFP CREDITING INFORMATION

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¼ cup fruit  
¼ oz eq meat alternate  
¾ oz eq grains 

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## CHEF TIPS

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- **Contains milk (yogurt), wheat (tortillas and granola [optional]).**
- Sesame can appear as an ingredient in foods where it might not be expected (tortillas) and may be included in the ingredient statements as “spice” or “flavoring.”
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Optional ingredients will change the nutrition information and may change the CACFP crediting information.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- **Choking Risk:** Granola may be a choking risk for children under the age of 4.
- Meats and meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast in the CACFP.
- For breakfast, you can credit the grains or meats/meat alternates in this recipe toward the reimbursable meal.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.