



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 for a cool and crunchy breakfast offering.

Ages: 6–18 years
Makes: 6 servings

Prep time: 10 minutes
Cook time: 0 minutes

the INGREDIENTS

6 tortillas, whole-wheat (8" across, at least 42 g or 1½ oz each)

1 ½ cups Greek yogurt, non-fat, vanilla

3 cups strawberries, fresh, ¼" diced (gently wash strawberries under running water before cutting)

¼ cup + 2 Tbsp granola

the DIRECTIONS

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.
5. Roll tortillas like a burrito.
6. Cut in half on a bias (at an angle).
7. Serve 2 halves. Serve immediately, or keep cold at 40 °F or lower.

the NUTRITION INFORMATION

2 halves and Yogurt Roll-Up

Nutrients	Amount
Calories	239

Total Fat	5 g
Saturated Fat	2 g
Cholesterol	0 mg
Sodium	311 mg
Total Carbohydrate	38 g
Dietary Fiber	7 g
Total Sugars	9 g
Includes Added Sugars	N/A
Protein	11 g


Vitamin D	N/A
Calcium	188 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available


Source: Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

the CACFP CREDITING INFORMATION

½ cup fruit
 ½ oz eq meat alternate
 1½ oz eq grains 

the CHEF TIPS

- Contains milk (yogurt), wheat (tortillas and granola).
- 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.”
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- 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.