



Makes 1 wrap
Preparation Time: 10 minutes

INGREDIENTS:

1 9-inch sprouted whole grain tortilla, such as Ezekiel brand, warmed

1 tablespoon no-oil-added peanut butter or other nut butter

1 tablespoon fruit-sweetened jam, any flavor

¼ cup finely chopped apple

¼ cup fresh blueberries

½ of a banana, sliced

1 tablespoon oil-free granola or other whole grain cereal

Peanut Butter and Jelly Wrap with Mixed Fruit and Granola

This healthy twist on PB&J gets a flavor upgrade with loads of fresh fruit and a sprinkle of crunchy **granola**, all wrapped in a hearty whole grain tortilla. Try different nut butters, **jams**, and seasonal fruits for endless variety.

Is PB and J good for you? Absolutely—if you keep the peanut butter portion modest, choose a brand without added sugar or oil, use a fruit-sweetened jam without preservatives, and opt for **whole grain bread**. Our PB&J wrap has 441 calories and 14 grams of fat per serving, which is on the higher side for Forks Over Knives but still fits nicely into a healthy, plant-based diet.

For more inspiration, check out these tasty ideas:

- [Hummus Salad Sandwiches](#)
- [“No-Tuna” Salad Sandwich](#)
- [Greens and Things Sandwiches with Carrot Hummus](#)
- [Jackfruit Barbecue Sandwiches with Broccoli Slaw](#)

By Vicki Brett-Gach

- 1 Spread peanut butter in a stripe down the center of warm tortilla. Spread jam in a stripe next to the peanut butter. Dot fruit over the peanut butter and jam. Sprinkle granola over fruit. Roll up tortilla to enclose filling. Slice in half.