



Makes 4 wraps
Preparation Time: 25 minutes

INGREDIENTS:

- 1 large sweet potato, finely chopped (2 cups)
- 2 tablespoons creamy natural peanut butter or creamy almond butter
- 1 tablespoon pure maple syrup
- ½ cup apple juice
- ⅛ teaspoon sea salt
- ⅛ teaspoon ground cardamom
- Pinch black pepper
- 2 medium apples, finely chopped (2 cups)
- 2 cups cooked and cooled quinoa (see tip, recipe intro)
- 4 8-inch whole wheat tortillas
- 1 cup fresh spinach

Quinoa, Apple, and Sweet Potato Wraps

If you have leftover cooked **quinoa** on hand, these delicious cardamom-scented **sweet potato** wraps come together in no time and are perfect for a quick breakfast, snack, or anytime meal. Crunchy apple pairs beautifully with the soft sweet potato and slightly nutty quinoa, while fresh spinach adds a burst of green goodness. A little peanut butter, maple syrup, and apple juice add just the right touch of richness to round out every bite.

Tips

Gluten-free version: To make these gluten-free, use a gluten-free whole grain wrap.

Pack to go: Heading out? Wrap your roll in parchment paper—it keeps things snug and makes for easy, mess-free munching!

Apples: Tart apples work best here to highlight the sweet potato's natural sweetness.

If you're cooking the quinoa from scratch: Rinse and drain ⅔ cup dry quinoa. In a small saucepan combine quinoa and 1⅓ cup water. Cover and cook 12 to 15 minutes, or until the quinoa is tender and liquid has been absorbed. Let cool 30 minutes before using in wraps.

For more inspiration, check out these tasty ideas:

- [Quick Hummus and Quinoa Wraps](#)
- [Black Bean-Avocado Wraps](#)
- [Spinach-Tomatillo Wraps with Hearty Tahini Spread](#)
- [Blueberry-Banana Wraps](#)

By Kathryn Johnson, RDN, LD

- 1** In a medium saucepan combine sweet potato and enough water to cover. Bring to boiling; reduce heat. Simmer, uncovered, 8 to 10 minutes or until tender. Drain and cool completely.
- 2** In a large bowl whisk together the next six ingredients (through pepper). Add sweet potato, apples, and quinoa; toss to combine. Spoon onto tortillas; top with spinach and roll up.