



Fruity Breakfast Wraps

Tortilla wraps are a great standby as they have a good shelf life and are brilliant if you run out of bread.

INGREDIENTS

2 large bananas
100g strawberries, hulled and chopped
2 peaches or nectarine, diced
4 tbsp Canderel granules
4 tortilla wraps, use wholemeal if available
Frylight low calorie oil spray
100g low fat cream cheese

BEFORE YOU BEGIN

Serves
4

Time
preparation: 15 minutes
cooking: 10 minutes

Per serving
277kcal

Difficulty level



STEP BY STEP

- 1 To prepare the fruit, thickly slice the bananas into a bowl, add the strawberries and nectarines, sprinkle over 2 tablespoons of the Canderel and set aside.
- 2 Heat a ridged griddlepan. Lightly spray one side of each tortilla with Frylight and lightly sprinkle with some of the remaining Canderel.
- 3 Place on the hot griddle, Canderel sprinkled side down and warm each tortilla for 1 minute or until the tortilla is warmed and has griddle marks.
- 4 Quickly spread the cream cheese on one half of the inside and add 2 large spoonfuls of the fruit. Fold a side over the fruit, then fold over the sides and roll up tightly, cut in half and serve. Repeat with the remaining tortillas.
- 5 Tip: stir a large pinch of cinnamon or a little grated lemon or orange zest into the cream cheese