

## Fruit Tacos

### Ingredients

6 8-inch whole wheat tortillas

3 cups of chopped fruit \*see below for combination ideas

1 ½ cups cottage cheese or low sugar yogurt or plant-based yogurt or ricotta cheese or ¾ cup no sugar added peanut butter or nut butter or smashed avocado

Optional toppings: shredded coconut, chopped nuts, chocolate chips, cinnamon, nutmeg, fresh mint, fresh lemon juice, fresh lime juice, cocoa powder

### Equipment

Knife

Large spoon

Large bowl

Butter knife

A few spoons

### Directions

1. Wash and carefully chop all your fruit. Have an adult help.
2. Spread 2-3 tablespoons of yogurt or cottage cheese or peanut butter on one side of your flour tortilla
3. Fill with about ½ cup of your favorite fruit, carefully fold tortilla in half and add optional toppings.

### Flavor Combinations

**Banana Peanut Butter:** Spread tortilla with peanut butter, place peeled banana in center sprinkle a few chocolate chips on top and roll tortilla around the banana

**Strawberry Lime Avocado:** Spread tortilla with smashed avocado, topped with ½ cup chopped strawberries, drizzle with squeeze fresh lemon or lime juice. Carefully fold tortilla and top with unsweetened shredded coconut.

**Peaches and Cream:** Mix ½ cup plain Greek yogurt with ¼ tsp vanilla extract. Spread tortilla with yogurt mixture, top with ½ cup frozen and thawed or canned and drained peach slices, sprinkle with cinnamon and nutmeg. Carefully fold tortilla over peaches.

**Raspberry Ricotta:** Spread ¼ cup ricotta cheese on tortilla, sprinkle with cocoa powder and cinnamon, top with ½ cup fresh raspberries. Carefully fold tortilla over.

**Blueberry Mint:** Spread ¼ cup cottage cheese on tortilla, top with ½ cup fresh blueberries. Carefully fold tortilla over berries, top with shredded coconut and 1 tablespoon chopped fresh mint leaves.

**Spicy watermelon:** Spread ¼ cup plain Greek yogurt on tortilla. Top with ½ cup chopped watermelon, ¼ chopped jalapeno, squeeze 1 lime wedge over melon and carefully fold tortilla. Optional: add a few pieces chopped avocado.

**Apple Almond Butter:** Spread 3 tablespoons almond butter on one side of tortilla. Layer thinly sliced apples on almond butter and sprinkle with cinnamon. Carefully fold tortilla and top with slivered almonds.

\*Look for whole wheat tortillas with < 2 grams of saturated fat and more than 2 grams of fiber. If you are unable to eat or avoid wheat hard corn tacos of gluten free tortillas are good options.

\*You can use canned or frozen fruit in this recipe, make sure to thaw and drain off any extra liquid. Choose canned and frozen fruit with no added sugar.

\*Look for yogurt with minimal added sugars. I like Greek yogurt it because it is a little thicker than regular yogurt and has more protein.



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😊 Little helpers: Kids can make this recipe on their own once the fruit is washed and cut. Older children can help prepare the fruit. Let kids come up with their own flavor combinations by setting up a “taco” bar.

🍏 Nutrition: This dish works as a meal, dessert, or snack! A quick easy lunch or dinner idea when the kids are being picky, and you are too tired to cook. Adding a base of yogurt, cottage cheese or peanut butter adds protein and the fruit adds vitamins, minerals, carbohydrates, and fiber making this a balanced meal or snack. Getting more fruit in your meal plan is rarely a bad idea.