

ROLL-UPS



Building healthy eating habits early is all about finding creative ways to make nutritious food exciting for kids, especially at snack time. These roll-ups are easy to prepare, packed with protein, fiber and fresh ingredients and are fun to eat. With sweet and savory options, there's something here for every taste. Involving kids in making these snacks helps encourage positive choices and builds lifelong healthy habits.



Prep time: **10-15 minutes**



Makes **1 roll-up per serving**

Each roll up provides 200-300 calories, 5-10 grams of protein, 4-8 grams of fiber and little added sugar.

Turkey and Cheddar Roll-Up

Ingredients

- 1 whole grain tortilla
- 1 tbsp light mayo
- Lean turkey slices
- Cheddar cheese slices
- Handful of greens

Directions

1. Spread mayo on tortilla.
2. Add turkey and cheese slices.
3. Top with greens.
4. Roll up tightly and slice.

Try this one warm by microwaving for 20-30 seconds before slicing



ROLL-UPS

Cucumber and Carrot Ranch Roll-Up

Ingredients

- 1 whole grain tortilla
- Light cream cheese spread
- Shredded carrots
- Sliced cucumber
- Pinch of ranch seasoning

Directions

1. Spread cream cheese on the tortilla.
2. Add shredded carrots and cucumber slices.
3. Sprinkle on ranch seasoning.
4. Roll up and slice to serve.



Peanut Butter and Banana Roll-Up

Ingredients

- 1 whole grain tortilla
- 1–2 tbsp no-sugar-added peanut butter
- 1 banana

Directions

1. Spread peanut butter evenly on the tortilla.
2. Place banana in the middle of the tortilla.
3. Roll up tightly and slice into pieces.



Sunbutter and Apple Roll-Up

Ingredients

- 1 whole grain tortilla
- 1–2 tbsp sunflower butter
- Thin apple slices (any variety)

Directions

1. Spread sunflower butter on the tortilla.
2. Layer with thinly sliced apples.
3. Roll up and slice to serve.

Prep fruits and vegetables by cutting them ahead of time to make assembly easier on the day of.



Hummus and Bell Pepper Roll-Up

Ingredients

- 1 whole grain tortilla
- 1–2 tbsp hummus
- Thinly sliced bell pepper
- Shredded spinach

Directions

1. Spread hummus on the tortilla.
2. Top with bell pepper and shredded spinach.
3. Roll and slice to serve.

