

# KiK it UP!

Level A - Lesson 5

## Red, White and Blue Fruit Burrito

### INGREDIENTS

- 2 tablespoons low-fat vanilla yogurt
- 1 whole wheat tortilla
- 1/4 to 1/2 banana
- 2 strawberries
- 5 to 10 blueberries

Makes 1 serving

### DIRECTIONS

1. Wash hands and surfaces.
2. Wash all fruit.
3. Peel and slice banana. Slice strawberries.
4. Place tortilla on plate. Spread yogurt over tortilla.
5. Place fruit in the middle of the tortilla.
6. Roll tortilla around filling.
7. Refrigerate leftovers immediately.



### EQUIPMENT

- Plate
- Cutting Board
- Spoon
- Knife

