



early childhood community development centre

One-Minute Apple Tortilla

Ingredients

- 1 whole wheat tortilla
- 1 slice of thinly sliced cheddar cheese
- ¼ of an apple, thinly sliced

Directions

1. Place tortilla on microwaveable plate.
2. Place cheese on half of tortilla.
3. Top with apple slices.
4. Fold tortilla in half to cover filling.
5. Microwave on high for about 30 seconds.

Source: Adapted from www.kraftcanada.com

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