



Recipes

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Berries & Cream Breakfast Wrap

Serves 6

Ingredients:

- 6 each 10" Smart Hearty Grains™ Tortilla, warm (47088))
- 1 cup (8 oz.) Cream Cheese , room temp
- 1/2 cup (3.5 oz.) Yogurt , plain
- 1/4 cup (2.4 oz.) Maple Syrup
- 2 cups (9 oz.) Granola , fruitless
- 1 cup (5 oz.) Fresh Blackberries
- 1 cup (6 oz.) Fresh Blueberries
- 1 cup (6 oz.) Fresh Strawberries , medium diced

Yield: approx. 1 qt.

Directions:

1. In an electric stand mixer with the paddle attachment, whip cream cheese for approximately 3 minutes. Scrape sides; add yogurt and maple syrup, mix well until well combined and smooth.
2. Add granola to mixer and incorporate on a slow speed. Gently fold in all the fruit with a spatula making sure not to break the fruit.
3. Warm one whole wheat tortilla in a microwave for about 10 seconds. Add 1/2 C (or about 3.5 oz) of the yogurt/granola mix to the middle bottom of the warm tortilla. Fold sides in and roll forward into cylinder. Cut in half, optional.
4. Repeat step 4 for remaining 5 tortillas.