

Peanut Butter & Berry Toasted Wraps

7 ingredients · 10 minutes · 1 serving



Directions

1. Assemble the wraps by dividing the peanut butter evenly down the middle of each tortilla. Divide the raspberries between each tortilla and mash with a fork.
2. Fold each side of the tortilla inward to close the wrap. Repeat with each tortilla.
3. Heat the oil in a pan over medium heat.
4. Working in batches as needed, place each tortilla folded side down in the pan and cook for two to three minutes. Gently flip and cook for one more minute.
5. Place the wraps onto a plate and top them with yogurt, blueberries, and hemp seeds. Enjoy!

Notes

Leftovers

Best enjoyed immediately.

Serving Size

One serving is two wraps.

Make it Vegan

Use a plant-based yogurt alternative.

More Flavor

Top with maple syrup or raw honey. Cook in coconut oil to sweeten the flavor profile.

Gluten-Free

Use a gluten-free tortilla instead.

No Peanut Butter

Use another nut or seed butter.

Ingredients

- 2 tbsps All Natural Peanut Butter
- 2 Corn Tortilla
- 1/2 cup Raspberries
- 1 tsp Extra Virgin Olive Oil
- 1/2 cup Plain Greek Yogurt
- 1/4 cup Blueberries
- 1 tsp Hemp Seeds

