

# Chunky Peanut Butter Twisters

**Preparation time: 10-15 minutes**

½ cup	Peanut butter	125 mL
¼ cup	Unsweetened shredded coconut	50 mL
¼ cup	Pure maple syrup	50 mL
2 tbsp	Finely chopped dried figs	25 mL
2 tbsp	Finely chopped dried apricots	25 mL
2 tbsp	Finely chopped dried cranberries	25 mL
Pinch	Ground cinnamon	Pinch
3	10-inch (25cm) whole wheat tortillas	3
3 tbsp	Finely chopped toasted pecans	45 mL

1. In a small bowl, combine peanut butter, coconut, maple syrup, figs, apricots, cranberries and cinnamon.
2. Spread 1/3 cup (75mL) peanut butter mixture on each tortilla. Sprinkle each with 1 tbsp (15 mL) pecans. Roll up tortillas and cut each into 6 pieces.

NUTRIENTS Per Serving		
Calories: 95	Carbohydrate: 12.6 g	Calcium: 12 mg
Fat: 5.0 g	Fiber: 1.5 g	Iron: 0.5 mg
Sodium: 85 mg	Protein: 2.7 g	

