

Peanut Butter Granola Pinwheels



 **Total Time**
Prep/Total Time: 10 min.

 **Makes**
16 pinwheels

Ingredients

4 tablespoons creamy peanut butter

2 teaspoons honey

2 flour tortillas (8 inches)

1/2 cup granola without raisins

Directions

- 1 Spread peanut butter over each tortilla; drizzle with honey and sprinkle with granola. Roll up; cut into slices.

Nutrition Facts

1 piece: 60 calories, 3g fat (1g saturated fat), 0 cholesterol, 48mg sodium, 7g carbohydrate (2g sugars, 1g fiber), 2g protein.

1. What elements must appear in a recipe? _____, _____, _____, _____ and _____.
2. How much time do we need to make this recipe? _____
3. How many portions can we get? _____
4. Write the verbs they use to indicate the directions: _____, _____, _____, _____.

Verbs for recipes. Cut the pictures and stick them next to the right word. Then translate it into Catalan.

1. Chop _____

2. Knead _____

3. Add _____

4. Spread _____

5. Bake _____

6. Peel _____

7. Pour _____

8. Boil _____

9. Mix _____

10. Sprinkle _____

