


# 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 \_\_\_\_\_

