

APPLE TURKEY WRAPS

A quick, easy, and nutritious meal!



INGREDIENTS

Makes 1 wrap

- 1 Whole Wheat Tortilla or Whole Wheat Flatbread
 - 1/2 cup of spinach or any greens of your choosing
 - 4-5 slices of thinly sliced deli turkey
 - A Golf ball sized portion of hummus*
 - 1/4 of a small apple, thinly sliced
 - 1/4 of an avocado, thinly sliced (optional)
- * = feel free to substitute hummus for light cream cheese or goat cheese

DIRECTIONS

1. Layout tortilla or flatbread on a clean, dry surface and use a butter knife to spread the hummus over the tortilla/flatbread.
2. Place the spinach on the tortilla covered in hummus the long way starting from one end of the tortilla, through the middle, and to the other end (in a line).
3. Top the spinach with the sliced deli turkey, the sliced apples, and the sliced avocado.
4. Roll the rounded ends of the wrap over the filling and continue to roll until the wrap is completely rolled up. Cut in half, and serve!

DID YOU KNOW?

- Whole wheat options are a great source of **fiber**
- Dark leafy greens like **spinach** and **kale** are high in **Vitamin K** and **Iron** which helps our blood clot and helps carry oxygen to our organs
- Apples are a good source of **Vitamin C** and **fiber**