

Deli Wraps



Ingredients

For 1 serving

- 2-4 Slices of Turkey Breast or Ham
- 1-2 Whole Grain Wrap (can use any kind)
- Spinach, Diced Bell Peppers or other vegetables
- Shredded Low-Fat Cheese
- Greek Yogurt or Cottage Cheese (can also do mix of both)

Directions

1. Spread yogurt or cottage cheese out on wrap(s)
2. Spread out veggie on top of cheese/spread of choice
3. Place sliced meat on top as next layer
4. Sprinkle with shredded cheese
5. Roll up your wrap up tightly (cover in plastic wrap)

STORE IN FRIDGE OR FREEZER

