

EASY SNACK WRAPS

Gluten Free, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium

Serves: 15 (Serving= 2 pieces)

Nutrition (per serving)

Calories: 122

Total Carbohydrate: 8 g

Total Fat: 5 g

Dietary Fiber: 1 g

Saturated Fat: 2 g

Protein: 10 g

Sodium: 366 mg



Ingredients

Cream Cheese Spread

- 8 ounce reduced fat cream cheese
- 2 teaspoons dried dill weed

Wraps

- 5 whole wheat tortillas (use gluten free tortillas for GF version)
- 20 slices low sodium deli turkey meat
- 1/3 cup red bell pepper, finely diced

- 1 Tablespoon garlic, minced

- 2/3 cup fresh mushrooms, chopped
- 2/3 cup cucumber, finely diced
- 2/3 cup shredded carrots
- 1/3 cup alfalfa sprouts



OSF[®]
HEALTHCARE

Directions

1. Mix cream cheese, dill, and chopped garlic in a bowl until well blended.
2. Spread about 3 Tablespoons cream cheese evenly over each tortilla.
3. Top the cream cheese with 4 turkey slices.
4. Evenly sprinkle the vegetables over the turkey slices.
5. Roll the tortillas into wraps.
6. Cut the wraps into 6 pieces, secure with toothpicks.



OSF[®]
HEALTHCARE