

# TURKEY & CRANBERRY APPLE WRAP

## NUTRITION FACTS

Serving Size: 1 Wrap

Calories: 293 | Carbohydrates: 34g | Protein: 11g | Total Fat: 13g | Saturated Fat: 3g | Sodium: 701mg | Fiber: 6g

## INGREDIENTS

- 2 tsps Mayonnaise
- 1 Whole wheat tortilla
- 1 Tbsp Cranberry sauce (homemade or canned)
- 1/4 cup Baby spinach
- 1 1/2 ozs Sliced turkey breast
- 1/4 Apple (small, sliced)

## DIRECTIONS

1. Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, and apple. Roll up the tortilla tightly and enjoy!

## NOTES

**Leftovers:** Best enjoyed fresh. Store in an airtight container for up to one day.

**More Flavor:** Add mustard. Use your favorite salad dressing in place of the mayonnaise.

**Lower Sodium:** For a lower sodium option, use low sodium turkey breast.





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