



Ham/Turkey Snack Wrap

PREP TIME

5 min

COOK TIME

n/a

TOTAL TIME

5 min

SERVINGS

1

COST

\$

COURSE

Snack

INGREDIENTS

- Ham or Turkey slices (low sodium preferred)
- Swiss cheese slices
- Apple, sliced thin
- Whole wheat flour tortillas

INSTRUCTIONS

1. Cut whole-wheat flour tortilla in half.
2. Place a half of a slice of Swiss cheese, one slice of turkey and however many slices of apple you would like on the tortilla.
3. Roll it all up into a wrap and enjoy the rest of your apple on the side.

COOKING WITH KIDS!



Follow these tips for ideas on how to include your kids while making this recipe

Your kids can help assemble and roll up the wrap!

