

Ham/Turkey Snack Wrap

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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!

Your kids can help assemble and roll up the wrap!

January 2026

Utah State University Extension