

## Lunch Wrap

“I Can Cook For Me”

### Ingredients:

- 1 wrapper – whole wheat tortilla or flat bread
- Nonfat cream cheese
- Turkey – look for natural without nitrites and nitrates
- Dried cranberries
- Sunflower seeds – hulled, roasted and salted nutmeats
- Sprouts – alfalfa, radish, your choice, or lettuce

### Directions:

Lay your wrapper out on a cutting board. Spread thinly with cream cheese (it will “glue” your wrap together). Place turkey, cranberries, sunflower seeds and sprouts in a line in the center. Roll up tightly. Cut in two, or into many “sushi” rolls, if you wish. Cover with plastic wrap, wax paper, foil, or put into a plastic bag or reusable container to take with you.

The possibilities for customization are endless! Try avocado, imitation crab, apples cut into skinny slices, last night’s leftovers, lots of things taste good in a wrap!

*Nutritional info not available at this time.*

