



Turkey & Cranberry Apple Wrap

4 servings

5 minutes

Ingredients

- 2 2/3 tbsps Mayonnaise
- 4 Brown Rice Tortilla
- 1/4 cup Cranberry Sauce (homemade or canned)
- 1 cup Baby Spinach
- 6 ozs Sliced Turkey Breast
- 1 Apple (small, sliced)
- 1/2 cup Sunflower Sprouts (optional)

Directions

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Spread the mayonnaise onto the tortilla. Add the cranberry sauce, baby spinach, sliced turkey breast, apple, and sunflower sprouts, if using. 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 mayonnaise.

Nutrition

Amount per serving	
Calories	316
Fat	12g
Carbs	42g
Net Carbs	37g
Fiber	5g
Sugar	14g
Protein	10g
Cholesterol	25mg
Sodium	617mg
Vitamin A	740IU
Vitamin C	4mg
Calcium	17mg
Iron	1mg