



Holiday Turkey Cranberry Crunch Wrap

MAKES 1 SERVING

INGREDIENTS

- 1 high-fiber tortilla wrap (example: La Tortilla or Flatout)
- 3/4 cup cooked turkey breast, sliced or shredded
- 1/4 cup chopped celery
- 1/4 cup diced apple (or pear for variation)
- 2 tbsp dried unsweetened cranberries (or fresh chopped cranberries for lower sugar)
- 1 tbsp chopped walnuts or pecans
- 2 tbsp plain nonfat Greek yogurt
- 1/2 tsp Dijon mustard
- 1/4 tsp cinnamon (optional)
- Pinch salt + black pepper to taste

DIRECTIONS

- In a small bowl, mix Greek yogurt, Dijon, cinnamon (if using), salt, and pepper to make a light dressing.
- Toss turkey, celery, apple, cranberries, and nuts with dressing until evenly coated.
- Spread mixture on the wrap, roll tightly, and slice in half to serve.

CALORIES
300-340
kcal

PROTEIN
35-38
grams

CARBS
26-30
grams

FIBER
10-15
grams

FAT
7-9
grams

ALL MACROS ARE ESTIMATED AND MAY VARY DEPENDING ON INGREDIENTS USED