



# Turkey Cranberry Wrap

Servings 1 | Prep time 15 mins. | Total time 15 mins.

**Equipment:** Cutting board, Measuring cups and spoons  
**Utensils:** Knife

## Ingredients

1 large 8 inch whole-wheat tortilla wrap  
2 tablespoons low-fat cream cheese  
2 tablespoons dried cranberries  
1/2 apple, cored and sliced 1/8 inch thick  
2 ounces sliced deli turkey  
2 tablespoons chopped red onion  
1/2 cup fresh baby spinach

## Instructions

1. Before you begin wash your hands, surfaces, utensils, fruits, and vegetables.
2. Lay tortilla on clean surface.
3. Spread cream cheese over the tortilla. Top with dried cranberries and sliced apple.
4. Layer turkey on top of fillings. Sprinkle with chopped red onion. Top with spinach and any additional toppings.
5. Roll wrap tightly into a cylinder, beginning at the bottom and tucking in the sides as you go. Cut in half and serve.

## Nutritional Information:

Calories 360  
Total Fat 10g  
Sodium 1100mg  
Total Carbs 56g  
Protein 17g