

## Apple Turkey Wraps

**Serves: 4**

### Ingredients

1 ½ cups diced red apples	6 ounces thinly sliced smoked turkey breast
½ cup low fat lemon yogurt	2 ounces thinly sliced white cheese
4 flour tortillas, 8-inches in diameter	2 cups sprouts (optional)
2 cups fresh spinach leaves	

Combine apples and yogurt. Set aside

Warm tortillas according to package directions.

Divide and arrange remaining ingredients evenly over tortillas.

Place ¼ of apple mixture down the center of each tortilla.

Fold 2 opposite sides in about 1 ½-inches and roll.

Cut each wrap in half and serve immediately.

Per serving: 330 calories, 10 g fat, 33 mg cholesterol, 18 g protein, 751 mg sodium, 3 g dietary fiber.