



## Apple Cheddar Turkey Wrap

Yield: 1 servings

Modified from: [emilybites.com](http://emilybites.com)

### Ingredients:

- 1 whole wheat tortilla, FlatOut wrap or lettuce leaf
- 1 oz reduced fat sharp cheddar cheese
- 2 oz thinly sliced deli turkey
- 1 ½ teaspoons apple cider vinegar
- ½ teaspoon canola oil
- ½ teaspoon honey
- Pepper, to taste
- ½ medium apple, cut into thin slices or matchsticks
- ¼ cup coleslaw mix

### Directions:

1. In center of tortilla, Flat Out wrap or lettuce leaf, place cheese and turkey.
2. In a medium bowl whisk together apple cider vinegar, canola oil, honey and pepper. Stir in apple and coleslaw. Place coleslaw mixture on top of turkey. Wrap and enjoy.

NOTE: nutrition information will vary depending on which wrap used.

### Nutrition information:

Serving Size: 1 wrap – using whole wheat tortilla

Calories: 294

Fat: 15g

Sodium: 1000mg

Carbohydrates: 29g

Sugar: 8g

Fiber: 16g

Protein: 29g