

Smoked Turkey Avocado Wrap

Yields: one 3 unit wrap
(includes 3 units of EACH Macro Nutrient)

Ingredients:

1 1/2 Tbsp. ripe Avocado
1/2 tsp. Scallion, minced
1/2 tsp. fresh Lemon juice
2 shakes Morton's Nature's Seasonings OR Spike
1 La Tortilla Factory Whole Grain White Wrap
3 oz. Smoked Smoked Turkey Breast

Directions:

In a small bowl, mash avocado with the scallion and lemon juice.
Spread out over the middle of your wrap. Sprinkle with seasoning.
Top with the turkey and fold like a burrito. Can be made ahead if you wrap it tightly and refrigerate the night before you need it.