



## 4-H HEALTHY HABITS

## RAINBOW WRAPS

### Ingredients:

- 1 whole wheat tortilla
- 1 ounce turkey
- 2 or 3 spinach leaves
- 2 Tablespoons shredded carrots
- 1 slice cheese
- 2 thin apple slices
- Low-Fat Ranch dressing, hummus, or cranberry sauce



### Directions:

1. Lay out the tortilla flat on your plate
2. Pour a little ranch dressing, or spread alternative, onto the tortilla.
3. Layer your tortilla with turkey, spinach, cheese, carrots, and apples.
4. Roll up and enjoy!

**4-H Healthy Habits uses Learn, Grow, Eat & Go!, a research based curriculum of the Junior Master Gardener program.**

This recipe is from the Smart Start Eating & Reading Curriculum.