



Snack Wraps by Toni

Ingredients:

2 large whole grain tortillas

1 ripe avocado

1 small clove of garlic

Salt and pepper, to taste.

Thinly sliced cucumber, chopped tomatoes, or other vegetables.

Instructions:

Cut garlic in half and rub over tortillas. This gives a great light garlic flavor.

Next smear avocado over tortillas.

Place other vegetables in a line down the middle and roll up.

Cut in half and enjoy.

This makes a quick light lunch or nutritious snack.



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Living*

Recipe created by Toni, owner of Healthy Living.