

KC's Roll-Up Snacks

Utensils:

Butter knife

Ingredients:

1 Whole wheat wrap

Reduced-fat cream cheese

1-2 slices turkey or ham lunch meat

Pretzel sticks

How to Make It:

Set whole-wheat wrap on the table. With your butter knife, spread a thin layer of cream cheese on the wrap. Put the slice of meat on top of the cream cheese. Place your pretzel stick at one end of the wrap and roll the whole thing up. Eat and enjoy!

Makes 1 serving

