

Ham and Cheese Wraps

Ingredients:

1 small (7 inch) flour tortilla
1 ounce of baked ham, thinly sliced
1 ounce of cheese, sliced
3 thin apple slices

Directions:

1. Place one tortilla on a paper plate.
2. Place one slice of ham on top of the tortilla, then one slice of cheese on top of the ham.
3. Place 3 slices of apple down the center on top of the cheese.
4. Fold up ends of the tortilla.
5. Start on one side and roll tortilla tightly to the other side.
6. Pick up and eat.

For a variation:

Instead of using ham and cheese, use low-fat refried beans shredded cheese, lettuce and tomato.