



## Lifestyle Wellness Academy

### NUTRITION PER SERVING:

<b>CALORIES</b>	106
<b>PROTEIN</b>	7 G
<b>CARBOHYDRATE</b>	12 G
<b>TOTAL FAT</b>	2 G

<b>PREP TIME:</b>	10 MINUTES
<b>COOK TIME:</b>	NONE

<b>YIELD:</b>	4 SERVINGS
<b>SERVING SIZE:</b>	1 LOG (4 PIECES)

**4 SLICES** WHOLE-WHEAT BREAD

**1 TBSP** LIGHT MAYONNAISE

**1 TBSP** DELI MUSTARD

**½ C** CUCUMBER, PEELED AND THINLY SLICED

**¼ C** JARRED ROASTED RED PEPPERS

**2 OZ** LOW-SODIUM DELI TURKEY BREAST



# TURKEY PINWHEELS

THIS FUN-TO-MAKE SNACK WILL BECOME A FAMILY FAVORITE

- 01** Remove the crusts from the bread and flatten each slice with a rolling pin.
- 02** Combine mayonnaise and mustard. Spread about ½ table-spoon on each bread slice.
- 03** Arrange cucumbers and red peppers evenly on each slice of bread, and top with ½ ounce turkey.
- 04** Roll each slice into a log, and cut each log into four pieces with a sharp knife. Serve immediately, or refrigerate logs until ready to serve (cut prior to serving).



Younger children can help mix the "mousse." Older children can make the recipe themselves.

