

Chicken and Avo Wrap

Makes 1



Ingredients

- 1 wholegrain or wholemeal flat bread
- ¼ avocado
- 50g cooked chicken breast or tenderloin
- 2 large slices of tomato
- ¼ cup reduced fat grated cheese
- ½ cup mixed lettuce

Method

1. Scoop out avocado and spread over wrap.
2. Add chicken, tomato, cheese and lettuce.
3. Roll up and wrap with grease proof paper.