

Pinwheels

2 - 8 ounce boxes cream cheese
8 burrito size flour tortillas
24 slices ham
24 slices cheese

Spread 2 ounces of cream cheese evenly onto each flour tortilla. Place 3 pieces of ham and cheese in the center evenly over the cream cheese on each tortilla. Roll tortillas up and slice into 1 inch slices.

Yield: 12 servings. Each serving contains approximately 649 calories.

Kayla Walker

Intermediate - Nutritious Snacks