

*\*Holiday Recipes\**



**Santa's BLT**

*When you have to eat and "fly" take this healthy BLT to go...*

Prep: 2 minutes

Calories: 200, protein 17 g, carbs 27 g, fat 7 g, sat fat 2 g, sodium 1270 mg  
(note: nutrients vary depending on brand of flour tortilla)

Ingredients:

$\frac{3}{4}$  Tbsp. Fat-free mayonnaise

1 low fat whole wheat tortilla

2 slices turkey bacon, cooked

2 ounces smoked roast turkey, sliced thin

sliced tomato, lettuce

Optional: avocado, 2 thin slices (adds unsaturated fat calories)

Prep: spread mayo on tortilla, fill with the rest of ingredients, roll & go!