



Chicken and avocado wrap



Makes 1 wrap or 1 sandwich (4 quarters)

Ingredients

- Choose wholegrain or wholemeal bread, wraps, pita pockets or bagels.
- ¼ avocado
- 50g cooked chicken breast or tenderloin (grilled, baked or poached)
- 2 large slices of tomato
- ¼ cup reduced fat grated cheese
- ½ cup mixed lettuce



Method

1. Scoop out avocado and spread over bread or wrap.
2. Add chicken, tomato, cheese and lettuce.