

RICOTTA WRAP

1/3 cup nonfat ricotta

2 tbsp slivered almonds

1 small can of mandarin oranges, drained

2 tsp honey

1 whole-grain wrap such as Flatout multigrain flatbread or Joseph's Brand lavish wrap

Spread ricotta on flatbread or wrap. Add almonds, mandarin oranges and honey. Tuck both sides of flatbread or wrap towards center, then roll until ingredients are completely wrapped.