

Avocado, cherry, turkey & lettuce wraps



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Preparation 15 mins | Makes 2

- 1 small ripe avocado
- 2 tsp lemon or lime juice
- 125g sliced turkey breast, roughly chopped
- 8 cherries, halved and pitted
- 2 tbs cranberry sauce
- 2 whole wheat wraps
- 2 Iceberg lettuce leaves

STEP 1 Using a fork, roughly mash avocado in a small bowl with the lemon or lime juice. Combine turkey, cherries and cranberry sauce in a bowl.

STEP 2 Place wraps onto a board. Top each with a lettuce leaf then pile the centre with mashed avocado and the turkey mixture. Roll up, cut in half and serve.

Good for you... **AVOCADO**

Avocados are one of the few fruits that contain some fat, but it's 'good' fat that is essential for health. Top of the fruit and vegetable class for vitamin E, a vitamin needed for healthy red blood cells. A good source of vitamin C, that helps keep gums and teeth healthy.

