



# Sweet and Savory Pin Wheels

**An after-school treat your kids will love!**



**(See ingredients and recipe on back)**

Make your kids smile with delight when they see these cute, perfectly portioned rolls filled with their favorite sandwich toppings. Older kids can even help with the prep: Just set up a sandwich station with plates or jars of each ingredient and have each family member spread or place some toppings, then pass the loaded wrap to you at the end for rolling and cutting!

This a fun recipe as an after-school snack or as a lunch box snack item. As always, use the best quality ingredients possible (organic) when making these pinwheels for the little ones. Big thanks to Primal Kitchen for this recipe! Check out their website for more delicious and nutrient-dense recipes.

## Savory:

- 1 tortilla wrap (use a clean, grain-free brand like Siete)
- 1 tablespoon Primal Kitchen Mayo or Chosen Foods Mayo
- 2 teaspoons shredded lettuce
- 3 slices tomato or red onion
- 6 slices deli turkey breast
- 2-3 slices bacon, cooked

## Sweet:

- 1 tortilla wrap
- 2 tablespoons whole-fat (ideally grass-fed) greek yogurt or cream cheese
- ½ cup strawberries, sliced
- 3 cup raspberries, sliced
- 2 teaspoons chocolate granola butter or nut butter

## Instructions:

1. Place the first wrap flat on a cutting board. Spread the wrap with mayo.
2. Add turkey slices in a single layer and bacon. Top with lettuce and onion.
3. Starting with one end of the tortilla wrap, slowly roll the wrap up tightly. Spear the wrap with 6 toothpicks placed at equal distance. Cut in-between the toothpicks to form the pinwheel slices.
4. Repeat the process with the sweet wrap, spreading the oat butter first, then the yogurt or cream cheese, then layering on the berries. Place toothpicks, cut, and serve!

By the way, we're having a **Movie Night on August 7th at 6:30 PM**. We're going to be watching ***To Dye For: The Documentary***. This film talks about the negative health effects of food dyes and what we can do as parents