



Creamy Turkey Spinach Pinwheels

****This recipe is Kid Kritics Approved!****

PANS/EQUIPMENT: 1 small bowl

PREP TIME: 15 minutes

NUMBER OF SERVINGS: 2

2 Tablespoon cream cheese, organic*

1 Tablespoon yogurt, plain, organic*

1/2 Tablespoon Italian seasoning, non-irradiated

1 teaspoon parsley, dried, non-irradiated (1 Tablespoon fresh, finely chopped)

Mix very well in a small bowl.

2 whole grain or sprouted grain tortillas (try spelt!)

Spread cream cheese mixture on one side.

2 slices turkey breast, real oven roasted

1/2 cup fresh spinach, washed, organic

Place evenly on top of creamed tortilla. Roll up tightly. Slice into one-inch pinwheels. Serve.



OPTIONS: Serve roll-up pinwheel without slicing. May want to use toothpicks to secure, depending on age of child.

COMMENTS: *The Kid Kritics loved these. And as they do for everything they love, they begged for more. Your kids will, too!*

3 FOOD COLORS: white, tan/brown, green

4 FOOD GROUPS: dairy, vegetables, whole grains, poultry

* Organic is especially important for dairy products to be void of added hormones and antibiotics.