



AWARD WINNING SALAD WRAPS -

Chicken Apple Wraps

Ingredients

1/2 cup chopped cooked chicken breast
3 tablespoons chopped Fuji apple
2 tablespoons chopped black or red grapes
2 tablespoons Crunchy Peanut Butter
1 tablespoon lite mayonnaise (or greek yogurt)
2 teaspoons honey
Iceberg lettuce

Preparation

Chop chicken meat and fruit, mix in bowl. Mix in peanut butter, mayonnaise and honey.

Spoon into open lettuce leaf, roll and serve

Join us here for more every day fun, tips, recipes, weight loss support & motivation
[DEB's Healthy Friends ~ Weight Loss Support Group](#)

[Jane Daugherty Giddens](#) and [Larry Kenneth Griggs](#) shared [Deb Fowler Nicholson's photo](#).