January 25- Protein Roll Up

Smart Snack


Recipe

Ingredients:
6 thinly sliced pieces of deli style smoked ham
¼ cup diced mushrooms
¼ cup diced broccoli
2 Tablespoon non-fat cream cheese
¼ cup finely diced red bell pepper
¼ teaspoon garlic powder

Directions:
1. Separate and lay out ham slices flat. Mix all other ingredients together.
2. Spread mixture on each ham slice. Roll up each slice into a long tube around cream mixture.
3. Cut each tube into 4 even sections.

Yield 1 serving (24 roll ups per serving)