



## **Salmon Wrap Recipe**

### Ingredients

- ½ can of salmon (deboned)
- 2 tablespoons of fat-free cream cheese
- 1 tablespoon of Greek yogurt
- 3 finely chopped slices of onion
- 3 ounces of spinach leaves
- 1 whole wheat wrap

### Directions

Remove bones from the salmon if you need to, and then add the fat-free cream cheese and Greek yogurt. Whip these ingredients together, and then add in the onion. Spoon the finished result onto the wrap, and put the spinach leaves on top. Wrap up your wrap and enjoy.