

BLT WRAPS

Time: 15 minutes

Serves: 2

Ingredients:

2 roma tomatoes – seeded and diced
1 pinch kosher salt
4 strips crisp bacon – chopped
½ ripe avocado – diced
4 leaves romaine lettuce
2 teaspoons mayonnaise
Few grinds fresh ground black pepper

Preparation:

Toss the tomatoes and salt in a bowl.

Fold in the bacon and avocado.

Place the tomato mixture on the lettuce leaves.

Top with mayonnaise and pepper.

Nutritional Information Per Serving:

Calories: 243
Fat: 20g
Carbs: 7g
Fibre: 4g
Protein: 10g