

## Creamy Turkey Spinach

### Pinwheels

**PREP TIME:** about 20 minutes

**DISH:** 1 small bowl

**2 Tbsp. cream cheese, organic\***

**1 Tbsp. yogurt, plain, organic\***

**1/2 tsp. Italian seasoning**

**1 tsp. parsley, dried (2 tsp. fresh, finely chopped)**

Mix really well.

**1 whole or sprouted grain tortillas (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 one inch pinwheels. Serve.

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

**3 God-made Colors:** white, tan/brown, green

**4 Food Groups:** dairy, vegetables, grains, poultry

The Kid Critics loved these, and as they do for everything they love, they begged for more. Your kids will, too!

\* Organic is important for dairy products as they are void of hormones and antibiotics.