

# TORTILLA ROLL UPS



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## Ingredients

Yield: 20

- 1 c fat free cream or 1 c plain low-fat Greek yogurt
- 8 oz fat free cream cheese
- 1 tsp garlic powder
- 1(4ounce) can chili peppers chopped
- 8 fat free flour tortillas
- 1(12 oz) jar salsa

## Directions

1. Mix all ingredients together except salsa.
2. Spread lightly on tortillas and then roll tortillas up.
3. Refrigerate for at least an hour and then slice into small pieces.

Tip: Goes great with Salsa

## Nutritional Information

Servings:	Calories	Fat	Protein	Carbohydrates	Sodium
1 roll	38	1.2 g	1.7 g	6 g	137 mg

Carbohydrate Exchanges: 1/2