

Chicken Bacon Avocado Wraps

Ingredients:

- 4-6 oz cooked and seasoned chicken breast or canned chicken
- 1/2 avocado, sliced thin
- 1/2 tomato, sliced thin
- 1-2 slices bacon, cooked crisp
- lettuce, sliced thin
- mayo, sour cream, or salad dressing of choice
- 2-4 tortillas, flatbread, or Wonder Wraps p. 204 [Trim Healthy Mama Cookbook](#)

Directions:

Spread a thin layer of mayo or sour cream on your wrap. Add the remaining ingredients as desired. Fold and enjoy!