

Chicken, Bacon, Avocado Wrap with Honey Dijon Dressing

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Here's what you need:

- 1 - 10 inch flour tortilla (you can use whole wheat or even gluten free if you have them)
- 1/2 chicken breast, cooked, cubed, and seasoned how you like (I use salt, pepper and granulated garlic)
- 1/4 cup dressing (I used my homemade Honey Mustard dressing) but Ranch would be great too
- 2 strips crispy bacon, crumbled
- 6 slices apple, very thinly sliced
- 1/4 avocado, sliced
- 2 Romaine lettuce leaves, washed and dried

Lay the tortilla on a flat surface and place the lettuce on first, then the bacon and chicken.

Next comes the apples, avocados, and the dressing.

Now fold up both ends and roll up in a burrito shape.

Cut in half and serve.

Serves - 1

Enjoy!