

Healthy Turkey & Cucumber Lettuce Wrap

Ingredients

4

Leaves of lettuce

4 slice

roast turkey

1/2

cucumber, sliced

250 g

Hummus (optional)

sprinkle of paprika

- Top a lettuce leaf with a slice of turkey, cucumber, hummus and paprika, then, as if it were a sandwich, wrap it up with another piece of lettuce. Repeat with the remaining ingredients.
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- Serving suggestion This can be done with a variety of ingredients, such as tomatoes, avocados or peppers, as well as salmon, chicken, lamb or prawns. White cheeses, herbs, garlic, lemon juice, paprika, turmeric, oregano, all work too. Whatever you have in your fridge!