

Cooking Demonstration

NEW YEAR, NEW LUNCH

720
WELLNESS
available

Greek Yogurt Guacamole

Servings: 2

INGREDIENTS

- 1 avocado, ripe
- 1 tbsp cilantro
- ½ tsp jalapeno
- ¼ cup red onion
- ¼ cup tomatoes
- 1 tsp lime juice
- 1 sprinkle salt and pepper
- ¼ cup Greek yogurt

DIRECTIONS

1. Combine all of the ingredient in a medium bowl.
2. Mix to combine, making sure not to mash up all of the avocado.
3. Season with salt and pepper.
4. Serve immediately with your favorite chips.



Crunchy Granola Apple Peanut Butter Wrap

Servings: 2

INGREDIENTS

- 2 (6-in) whole wheat tortillas
- 2 to 3 tbsp peanut butter
- 1 medium apple, cut into thin slices
- 2 tbsp granola

DIRECTIONS

1. Divide peanut butter onto two tortillas.
2. Spread evenly, within inch of edge.
3. Place apple slices along center of each tortilla.
4. Sprinkle with granola.
5. Fold each side into middle to create wrap.



New Lunch TIPS

1. Make a plan: Choose a day of the week for you to meal prep and make meals ahead of time.
2. Make a grocery list and stick to it.
3. Aim to pack 3-5 different food groups for lunch.