

LOX & SPINACH BREAKFAST ROLL-UP

INGREDIENTS

ITEM	QUANTITY
• Low-fodmap Tortillas or Wraps	4
• Plain Lox or Smoked Salmon, sliced	4 Oz.
• Lactose-free Cream Cheese	½ Cup
• Baby Spinach	2 Cups
• Chopped Fresh Chives	2 Tbsp.
• Fresh Lemon Juice	1 Tsp.
• Black Pepper	¼ Tsp.

SERVING SIZE **1 ROLL-UP**

PREPARATION

- Spread each tortilla with about 2 tablespoons of lactose-free cream cheese.
- Add spinach and divide the lox evenly among the tortillas.
- Sprinkle with chives, lemon juice, and black pepper.
- Roll each tortilla tightly and serve.

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