Smoothie and Wrap Pinwheel Appetizers

Smoothie

- fruit
- chia seeds
- hemp seeds
- ground flax seeds
- milk
- unsweetened pure cranberry juice
- ice

Use a blender to combine ingredients into a smoothie.

Wrap Pinwheel Appetizers - made with whole grain tortillas

Chopped Egg
- hard-boiled eggs - just cooked with bright yellow yolks
- finely chopped green onions
- a dollop of Dijon
- olive oil mayonnaise
- salt & pepper
- a handful of organic arugula

Goat Cheese
- blackcurrant jam or chunky fig spread
- arugula

Tuna Spread
- chopped dill
- green onions
- a dollop of Dijon
- olive oil mayonnaise
- sea salt and freshly ground black pepper
- finely chopped sweet red pepper

Chipotle Hummus
- chipotle hummus from Fontaine Santé
- shaved carrot strips
- sweet red pepper strips
- chopped romaine
- green onions
- finely chopped mint

Much tastier than your garden variety deli party sandwiches.

Jittery Cook