

Deli Snack Box

6 ingredients · 5 minutes · 1 serving



Directions

1. Place pumpkin seeds in a small container, and wrap the turkey slices into rolls. Assemble all ingredients into a storage container and refrigerate until ready to eat.

Notes

Storage

Refrigerate up to 3 days.

Modifications

Swap any ingredient out for chickpeas, assorted beans, baked chicken, deli meat, or our Marinated Baked Tofu recipe instead.

Ingredients

- 1/4 cup Pumpkin Seeds
- 1 3/4 ozs Whole Grain Crackers
- 1/2 cup Cherry Tomatoes
- 1 oz Cheddar Cheese (cubed or sliced)
- 3 1/2 ozs Sliced Turkey Breast
- 1 Egg (hard boiled)

Nutrition

Amount per serving

Calories	713	Cholesterol	260mg
Fat	43g	Sodium	1580mg
Carbs	44g	Vitamin A	1209IU
Fiber	5g	Vitamin C	11mg
Sugar	10g	Calcium	249mg
Protein	41g	Iron	6mg