



### Ingredients:

8-10 flour tortillas  
8 ounces cream cheese  
2 tablespoons dry ranch dressing mix  
chicken (optional)  
cucumber  
tomato  
carrots  
organic spring mix/spinach  
butter lettuce

### Directions:

1. In a microwave safe bowl, soften the cream cheese in the microwave for about 10-20 sec.
2. Dice/chop/shred vegetables fine and add to the cream cheese.
3. Now add the ranch dressing mix and stir this all together.
4. Spread about 1-2 Tbs. of mixture onto a flour tortilla and top with a piece of meat.
5. Roll these up and wrap in a piece of saran wrap.
6. Place in refrigerator for about 2 hours or overnight and allow them to set.
7. Slice into 1 inch pieces and enjoy.