



### **Smoked Salmon Snack Wraps**

*Let this healthy little snack swim into your light lunch or snack*

2 spinach-herb carb free tortilla wraps

2 Tablespoons reduced fat whipped vegetable cream cheese

2 Tablespoons chopped parsley or favorite herb

7.1 oz. Smoked Norwegian salmon slices

- Place 1 tortilla wrap on flat surface; spread about 1 Tablespoon cream cheese over the tortilla.
- Sprinkle with chopped parsley or your favorite herb.
- Top with half of the salmon slices; roll it up tightly.
- Cut into snack sized slices. Yield: 12 slices

**About the Recipe:** This easy-to-make mini wrap encloses salmon, one of the highest omega3's that may improve sleep efficiency.

For More Information: see [www.healthline.com](http://www.healthline.com)

**Why is a fatty fish like salmon a good choice?**

Fatty fish may improve sleep because they are a good source of vitamin D and omega-3 fatty acids. These two nutrients help regulate serotonin, which is largely responsible for establishing a fixed sleeping and waking cycle. They also are high in other sleep promoting nutrients.