

## **Pumpkin Smoothie**

1 15oz can of pumpkin  
1 cup of vanilla yogurt  
1 dash of ground allspice  
1 dash of ground nutmeg  
1 dash of ground cloves  
2 dashes of cinnamon  
12 ice cubes

Blend ice cubes are crushed.

Makes 2-3 servings

## **Spicy Chicken Wraps**

1 - 24 oz bag of Just Bare Lightly Breaded Chicken Breast Spicy Bites

1 - bag of Dole Chopped Avocado Ranch Kit

4 large or 8 small soft tortilla's (flour, corn or wheat)

Microwave 1/2 to all of chicken for 2 1/2 minutes on high

Microwave 1-8 tortillas between slightly damp paper towels for 30 seconds on high

On each tortilla, layer 3-6 chicken bites, some of the contents of the kit, fold tortilla over, and enjoy!