Smoked Trout Spinach Power Wrap

A low-carb, protein-packed smoked trout and spinach wrap that's quick, fresh, and perfect for weight-conscious eaters.

Servings: 2 **Time:** 10 minutes

Ingredients

- 2 low-carb tortillas (8-inch)
- 4 oz smoked trout, flaked
- 1 cup fresh spinach leaves
- 2 tbsp cream cheese, softened
- 1 tbsp lemon juice
- 1 tsp Dijon mustard
- 1/4 cup thinly sliced cucumber
- Salt and pepper to taste
- 1 tsp olive oil

Instructions

1. In a small bowl, mix cream cheese, lemon juice, Dijon mustard, salt, and pepper until smooth.
2. Lay out the low-carb tortillas and spread the cream cheese mixture evenly on each.
3. Distribute fresh spinach leaves and sliced cucumber over the cream cheese layer.
4. Add flaked smoked trout evenly on top of the spinach and cucumber.
5. Lightly drizzle olive oil over the filling for extra flavor and moisture.
6. Carefully roll up each tortilla tightly, folding in the sides as you go to form a wrap.
7. Cut each wrap in half diagonally and serve immediately or refrigerate for up to 2 hours before eating.

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