**BLT LETTUCE WRAPS**

* 4 slices center cut bacon, cooked and chopped
* 1 medium tomato, diced
* 1 tbsp olive oil mayonnaise
* 3 large iceberg lettuce leaves
* fresh cracked pepper
* 1 ounce avocado optional

**DIRECTIONS:**

1. Carefully remove 2 large outer leaves of a head of lettuce.
2. Dice tomato and set aside in a bowl.
3. Combine diced tomato with mayonnaise and fresh black pepper.
4. Place lettuce cups on a plate, top with shredded lettuce. Add tomato then bacon and roll it like a wrap and dig in!

### NUTRITION INFORMATION

Yield: 1 Serving, Serving Size: 2 lettuce wraps

**Amount Per Serving:**

Freestyle Points: 5

Points +: 4

Calories: 160 calories

Total Fat: 10g

Saturated Fat: g

Cholesterol: mg

Sodium: 505mg

Carbohydrates: 8g

Fiber: 2g

Sugar: 1g

Protein: 11g