**Buffalo Ranch Chicken Wrap**

Makes 32 wraps

Ingredients

16 oz plain Greek yogurt

1 Ranch Dressing dry mix packet

50 tomato slices

10 c. fresh spinach

32 grilled chicken breasts

Buffalo sauce:

2 c. Hot buffalo sauce

3/4 c. White vinegar

1 t. Cayenne pepper (or to taste)

1. Whisk together ingredients for buffalo sauce.
2. Pour half of buffalo sauce over uncooked chicken in deep dish. Marinate in refrigerator for at least 30 minutes or overnight. Save other half of sauce.
3. Grill chicken breasts until done and slice chicken into long thin strips. Toss chicken with remaining buffalo sauce.
4. Slice tomatoes and hold in refrigerator.
5. Arrange chicken in wraps.

**“Wendy’s Frosty”**

Makes 1 Frosty

½ c. Skim milk

1 Frozen Bananas

1 t. Vanilla

1 T. Cocoa

1 packet of Splenda

1 dollop of Sugar Free Cool Whip

1.5 c. ice

1. Blend all ingredients until smooth.