

Crunchy wraps

The whole meal wrap is incredibly rich in fibre which is strongly linked to a healthy digestive system. Allowing children to build their own wraps will encourage them to actually eat it. Including cream cheese or hummus as the base is a great way to add protein.

Makes: 1 wrap • Preparation time: 15 minutes

Ingredients

- 1 wholemeal tortilla wrap / bagel/ pitta/ sandwich thin
- 2 tbsp cream cheese or hummus
- 2 tbsp grated carrots
- 1 tbsp sweetcorn
- 6 cucumber slices
- 1tbsp tuna (optional)

Method

- Spread the hummus or cream cheese on the base of the wrap like you would butter
- Assemble chosen wrap ingredients onto the middle of the tortilla - this will make it easier to wrap.
- Fold in the left and right sides to hold in the filling as you now roll your wrap. The wrap can also be cut into little sushi bites for sharing in class.

Equipment

- Sharp knife
- Chopping board
- Grater
- Tablespoon

Allergens:

- Cream cheese (usually cows milk)
- Hummus (Sesame from tahini)

Top tips

- Encourage children to make faces with the ingredients and they may surprise you with being adventurous and trying a new food.
- Use familiar foods and flavours you know your students love and introduce new foods slowly

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