

LIGHT AND EASY

LUNCHBOX WRAPS

TORTILLA WRAPS are a GREAT LOW-SUGAR ALTERNATIVE to white bread, which often contains added sugar. Kids will also love the fact THEY CAN HELP PICK THEIR OWN INGREDIENTS and even help to make them the night before school. We've used TASTY FALAFEL, but you could ADD GRATED CHEESE, CHICKEN BREAST, TUNA, HAM or whatever else takes your fancy. These are so versatile and very QUICK AND EASY. Pick and mix your favourites from here or choose your own healthy filling!

IT'S A WRAP!

FULLY LOADED

INGREDIENTS (All optional)

- 1 tbsp. hummus, cream cheese or dip
- 1 wholemeal tortilla wrap
- Mixed salad leaves
- 3 cherry tomatoes, halved
- 6 cucumber batons
- 4 falafels

METHOD

1. Spread the dip of your choice onto the tortilla wrap using the back of a spoon.
2. Scatter the salad leaves, tomatoes and cucumber in the middle.
3. Top with falafels and then fold both sides to the centre to enclose the filling.

