

Mini wraps

Makes 8

Ingredients

- 2 pieces of flat bread
- 2 tablespoons reduced fat cream cheese
- 1 cucumber
- 1 small carrot
- 1 spring onion
- 4 cos lettuce leaves
- ¼ red capsicum



Method

1. Grate carrot and finely chop remaining salad vegetables. Transfer all vegetables into a large bowl and mix together.
2. Add the cream cheese to the chopped vegetables and mix until well combined.
3. Place flat bread on a chopping board and spoon vegetable mixture evenly over the bread.
4. Carefully roll the bread and cut into 4 equal portions.

NUTRITION INFORMATION		
Servings per recipe: 8		
Average serving size: 64g (1 mini wrap)		
	Per serve	Per 100g
Kilojoules (kJ)	339	529
Protein (g)	2.7	4.2
Total fat (g)	2.1	3.3
- Saturated fat (g)	1.1	1.8
Carbohydrates (g)	12.9	18.7
- Sugars (g)	2.1	3.3
Fibre (g)	1.5	2.4
Sodium (mg)	117	182

Option: Jazz up your mini wrap by mixing the cream cheese with a teaspoon of sweet chilli sauce, corn relish or mustard.

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.