



WRAPS

CHICKEN AND AVOCADO

One tortilla per child
½ mashed avocado
Sliced chicken
Shredded carrot
Small amount of shredded lettuce
Small amount of grated cheese

To prepare: spread the mashed avocado on the tortilla, sprinkle with shredded carrot and lettuce, layer the chicken and sprinkle with grated cheese. Wrap, roll and serve.

CREAM CHEESE AND SWEET PEPPER

One tortilla per child
Tablespoon cream cheese
Portion of finely sliced red pepper
Portion of finely sliced yellow pepper
Small portion of shredded lettuce and cucumber

To prepare: spread the cream cheese (with chives if liked) onto the tortilla. Sprinkle finely sliced red and yellow pepper, shredded lettuce and cucumber. Wrap, roll and serve.

ASPARAGUS, SOUR CREAM AND SALSA

One tortilla per child

Tub of mild salsa (you can make your own but a fresh tub from a supermarket is great)

3 pieces of steamed asparagus, cooled and chopped into small, bite-sized pieces

Tub soured cream (cream or cream cheese will do if preferred)

To prepare: steam the asparagus, allow to cool, and chop into small, bite-sized pieces. Spread the sour cream sparingly onto the tortilla and cover with salsa. Add the asparagus. Wrap, roll and serve.

SPINACH AND RICOTTA WITH HAM

Portion of spinach, lightly steamed (fresh is best as frozen and tinned are too soggy for this recipe)

Tablespoon ricotta cheese

Slice of ham

Nutmeg

To prepare: mix the well-drained spinach with the ricotta and spread on the tortilla. Lightly dust with nutmeg and layer with the ham. Wrap, roll and serve.

As an alternative, any of the above fillings can be served in a pitta bread pocket, and you can use the contents to create a smiley face or other drawing on the pitta. If you can get your child to eat a wholewheat pitta, all the better.