

TASTY WRAPS FOR CHILDREN AND ADULTS



HAM WRAP:

- 1 wholemeal wrap
- 2 slices good quality ham
- 2 slices Jarlsberg cheese
- 1/4 cup grated carrot
- 1 tsp mayonnaise

EGG WRAP:

- 1 wholemeal wrap
- 2 hard boiled eggs
- 1 tsp butter
- 2 iceberg lettuce leaves

SMOKED SALMON + CREAM CHEESE WRAP:

- 1 wholemeal wrap
- 4 slices smoked salmon
- 2 tbsp cream cheese
- 1/2 avocado

SALAD WRAP:

- 1 wholemeal wrap
- 2 iceberg lettuce leaves
- 1/2 tomato, sliced

- 4 slices cucumber
- 1/4 cup grated carrot

TUNA + MAYO WRAP:

- 1 wholemeal wrap
- 1 small tin tuna
- 1 tsp mayonnaise
- 1/2 avocado
- 2 iceberg lettuce leaves
- 4 slices cucumber

INSTRUCTIONS

HAM WRAP

Lay wrap on to plastic wrap laid out on bench. Lay cheese on bottom 2/3 of wrap, followed by remaining ingredients. Roll wrap up tightly then wrap with plastic wrap. Cut in half after wrapping with plastic wrap.

EGG WRAP

Mash the egg with butter. Lay wrap on to plastic wrap laid out on bench. Lay lettuce leaves on bottom 2/3 of wrap, followed by remaining ingredients. Roll wrap up tightly then wrap with plastic wrap. Cut in half after wrapping with plastic wrap.

SMOKED SALMON + CREAM CHEESE

Lay wrap on to plastic wrap laid out on bench. Spread avocado and cream cheese onto wrap, lay on top salmon. Roll wrap up tightly then wrap with plastic wrap. Cut in half after wrapping with plastic wrap.

SALAD WRAP

Lay wrap on to plastic wrap laid out on bench. Lay lettuce leaves on bottom 2/3 of wrap, followed by remaining ingredients. Roll wrap up tightly then wrap with plastic wrap. Cut in half after wrapping with plastic wrap.

TUNA + MAYO WRAP

Mix together the tuna, avocado and mayonnaise. Lay lettuce leaves on bottom 2/3 of wrap, followed by remaining ingredients. Roll wrap up tightly then wrap with plastic wrap. Cut in half after wrapping with plastic wrap.

NOTES

Layering cheese or lettuce first onto the wrap helps prevent it going soggy.

OTHER FILLING IDEAS

Humus, Lettuce and Roasted Peppers

Chicken Salad and Mayo

Ham and Cheese

Ham and Egg Salad (Boiled Egg or Egg Mayo)