

That's a WRAP

The latest wrap star on the scene is MEND Graduate Krystal Eastman, who sent us this fabulously tasty lunch box filler

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What you need:

- 1 wholemeal wrap
- 1 carrot peeled and grated
- 5 cherry tomatoes chopped
- ¼ cucumber sliced thinly
- A handful of lettuce leaves
- ½ tablespoon reduced fat cheese spread (try Extra Light cream cheeses)

Once you've mastered the basic wrap, you can start stuffing it with any MEND-Friendly food you find. Sliced hard boiled eggs are smashing, tinned tuna is terrific, lean ham and turkey is lovely.

Or give your wrap a Mexican twist with mashed kidney beans and salsa.

Olé!

Fast facts

Serves: 1 person

Prep time: 10 mins

Skill-o-meter: Easy peasy!

Cooking time: 0 mins

Eat me when? A great lunch box filler.

What to do:



The Wrap Rap

*Eat me for
Lunch or
eat me for
tea*

*I'm easy to
make and
cheap as can
be*

*It's all in the
kitchen so get
on your feet*

*And move
your body to
the wrap rap
beat!*

Step 1

Very carefully slice the tomatoes, cucumber and lettuce and grate the carrot

Step 2

Spread a thin layer of cheese spread over your wholemeal wrap

Step 3

Mix your chopped lettuce, tomatoes, grated carrot and sliced cucumber together in a bowl

Step 4

Arrange your salad ingredients along the centre of the wrap and roll it up!



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