

Healthy wraps



The ingredients are:



Wholemeal wraps



Sliced cooked chicken or quorn



Sliced vegetables
such as peppers or carrots



Lettuce or spinach

Our
healthy
city



Low fat Greek yoghurt or hummus

Healthy wraps

SERVES 4 ADULTS

Preparation time: 5-10 minutes

Cooking time: 5 minutes

Ingredients:

- 4 wholemeal wraps
- 2 cooked and sliced chicken breasts, or 250-300g Quorn
- Sliced vegetables such as peppers or carrots
- Lettuce or spinach
- 4 tbsp low fat Greek yoghurt or hummus

What to do:

1. Ensure your chicken or Quorn are cooked and cooled/cooling.
2. Slice vegetables into long thin strips.
3. Lay out wraps. Lay your salad leaves on one side, place chicken or Quorn in the middle on the same side. Lay vegetables on top and then add a spoon of the yoghurt or hummus.
4. Fold the wrap in half, covering the fillings, and then fold over the corners.
5. Either eat immediately or wrap in foil and have as an on-the-go snack or lunch.