WRAPS

INGREDIENTS

wraps
tomato  x 6
carrot  x 6
cheese  x block
lettuce  x 2
cucumber  x 3
hummus

METHOD

* Slice tomatoes finely
* Grate carrots
* Grate cheese
* Slice lettuce finely
* Slice cucumber finely

* Take one wrap and place on a plate.
* Spread a small amount of hummus on your wrap
* Select a small amount of each ingredient and place down the middle of your wrap.
* Carefully roll the wrap up trying to tuck one end in so that your salad does not fall out one end.
  Your volunteer or teacher will show you how.
* Enjoy!