

I can make a meal

Lunch: Veggie wraps



Ingredients

- Wrap
- Lower fat hummus or cream cheese
- Lettuce
- Sweetcorn
- Ready chopped vegetables (tomato, cucumber, pepper)



Instructions

1. Lay out your wrap on a plate
2. Use a knife to spread the hummus or cream cheese over the middle of the wrap
3. Sprinkle on some sweetcorn
4. Wash the salad and rip up some lettuce leaves using your hands and put on top of your chosen topping
5. Add any other chopped vegetables you like
6. Roll up the wrap and it's ready to eat.

