

Eat a Rainbow Recipes

RAINBOW COLOURS

Rainbow Wrap

There's a huge variety of breads available to make your favourite wrap including Lebanese pocket bread, mountain bread and tortillas. Some are even made from corn or rice so they're gluten free.

Ingredients:

Bread of your choice

Soft spread such as: hommus, mashed avocado, soft cheese, pesto, mayonnaise

Protein topping such as: chicken, ham, canned tuna, cooked egg, sliced cheese

Green leaves such as: asian greens, baby spinach, lettuce, beetroot leaves (nice when small and tender)

Vegie fillings such as: strips of yellow or red capsicums, grated carrot (orange or purple)cucumber sliced into ribbons with a vegetable peeler, cress or alfalfa sprouts, semi-dried tomatoes

Equipment:

Chopping board and knife

Knife for spreading

Vegetable peeler

Grater

Greaseproof paper

Method:

1. Prepare salad fillings by chopping, peeling etc
2. Cover your bread with your favourite soft spread. It will help make your filling soft and moist.
3. Add a protein topping.
4. Then top with salad of your choice.
5. Roll up your wrap firmly.
6. Slice it in half and eat, or wrap each one in a large rectangle of greaseproof paper to keep fresh for later

