

RAINBOW WRAPS

WHAT DO I NEED?

(makes 2 wraps)

2 tortilla wraps

1 carrot, grated

1/2 onion, finely sliced

1 pepper, sliced

2 tomatoes, sliced

2 cooked beetroot, grated

Handful of spinach

40g chickpeas

50g cheese, grated

Extra: natural yoghurt

HOW DO I MAKE IT?

1. Place your wrap on a plate.
2. If you want, spread some natural yogurt over the wrap!
3. Add the vegetables - remember to put the veggies down the centre so it's easier to roll!
4. Spoon in the chickpeas and sprinkle with cheese!
5. Next you need to roll your wrap by folding the sides first, then bring up the bottom flap and continue to roll

TOP TIP:

Why not roast the chickpeas in the oven first (with a little oil and paprika) for about 10-15 minutes, to give a little crunch to your wrap!



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