



CHEESY VEGGIE WRAP

This quick and tasty wrap will have kids refuelled and back in action in no time!



Preparation time

5-10 mins

Servings

1 veggie wrap

Equipment

Knife

Chopping board

Ingredients

Tortilla wrap

2 slices of cheese

2 tomato slices

½ pepper cut into sticks

¼ cucumber cut into sticks

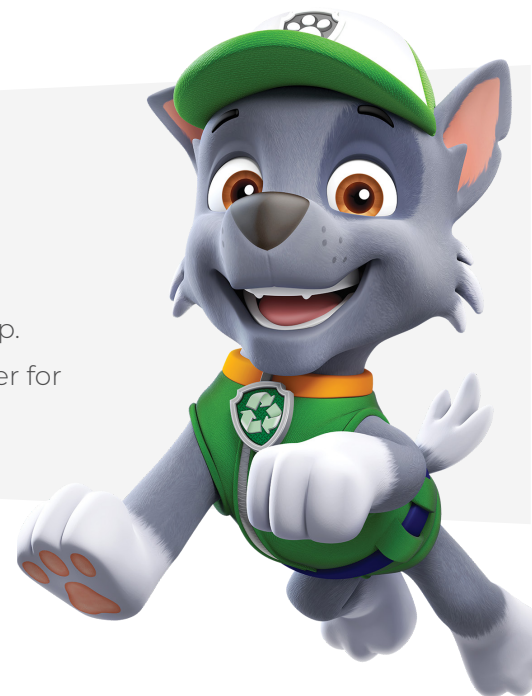
Cream cheese

Instructions

1. Spread the cream cheese across the wrap.
2. Place the slices of cheese and tomato onto the wrap.
3. Slice the pepper and cucumber into sticks and place them in the wrap.
4. Roll up the wrap and slice it into 3-4 pieces depending on what's easier for your little one to eat.

Tips

Once ready add some more cream cheese under the edge to prevent them from rolling open.



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