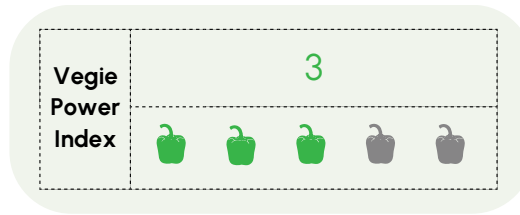


Spinach Wrap



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 5 MINUTES

BASED ON: 1 SERVE

INGREDIENTS

	SERVES 1	SERVES 5	SERVES 10
Spinach wrap	1 wrap	5 wraps	10 wraps
Reduced-fat cheese, grated	50g	250g	500g
Spinach leaves	50g	250g	500g
Reduced-fat mayonnaise	25g	125g	250g
Cucumber, sliced	6 slices	30 slices	60 slices
Carrot, grated	50g	250g	500g

METHOD

1. Warm wrap in microwave for 20 seconds.
2. Place wrap on a piece of cut lunch paper.
3. Place half the grated cheese on wrap, followed by spinach.
4. Squeeze mayonnaise onto spinach.
5. Top with cucumber, carrot and remaining cheese.
6. Fold the bottom of the wrap up and roll the sides in.
7. Wrap in the paper, serve.