

RAINBOW VEGGIE & HUMMUS WHOLEMEAL WRAPS



This easy wrap recipe is a great way to eat the rainbow and is perfect for your lunchbox!

This high fibre lunch will keep you feeling fuller for longer.

As an alternative to hummus, try some tinned butter beans, lightly mashed with a dash of olive oil and lemon juice.



Skills Check: Follow a recipe, follow food safety & hygiene rules, tidy away, cut using bridge/claw technique safely, use a vegetable peeler safely, use a box grater safely

Equipment: Small bowls, spoons, chopping board, knife, peeler, box grater

Allergens: Gluten (wheat) | Sesame

Ingredients (serves 2):

- 2 wholemeal wraps
- Small carrot
- ½ red pepper
- ¼ cucumber
- Handful of cherry tomatoes
- ½ orange pepper
- ¼ small red cabbage
- 2 tbsp hummus

Method

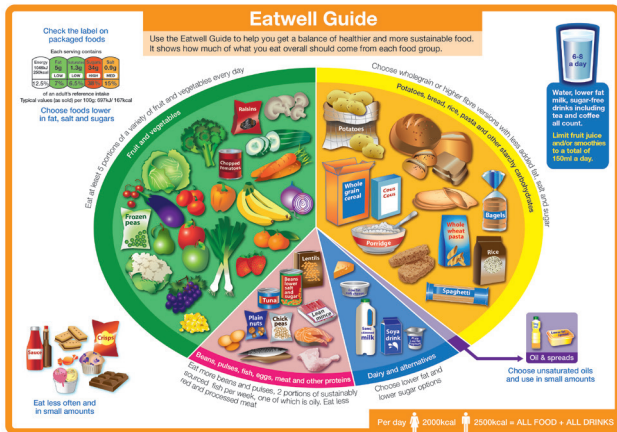
1. Peel the carrot then grate using the box grater
2. Using the bridge or claw technique, to cut the peppers, cucumber and cabbage into thin slices. Cut the cherry tomatoes into halves
3. Spread the hummus over each wrap
4. Spread your prepared vegetables along the centre of the wraps
5. Fold the bottom up and roll the sides of the wrap tightly

Top Tips:

Chop the rest of the peppers and cabbage, put in a freezer bag and freeze to use in a veggie stir fry later



Rainbow Veggie & Hummus Wholemeal Wraps Nutrition Information



The Eatwell guide shows the proportions of the main food groups that form a healthy, balanced diet:

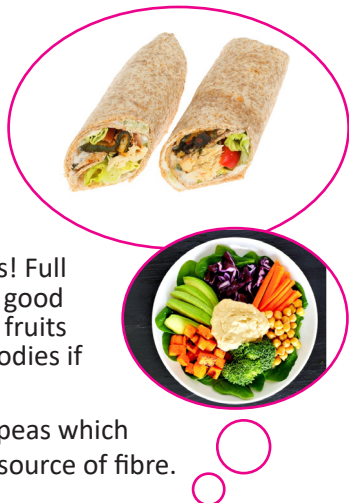
- Eat at least 5 portions of a variety of fruit and vegetables every day
- Base meals on potatoes, bread, rice, pasta or other starchy carbohydrates; choosing wholegrain versions where possible
- Have some dairy or dairy alternatives; choosing lower fat and lower sugar options
- Eat some beans, pulses, fish, eggs, meat and other proteins (including 2 portions of fish every week, one of which should be oily)
- Choose unsaturated oils and spreads and eat in small amounts
- Drink 6-8 cups/glasses of fluid a day

So, thinking about Rainbow Veggie & Hummus Wraps..

Wholemeal wraps, like bread, are a good source of complex carbohydrates which gives us energy. Wholemeal breads/wraps contain more fibre than white.

Vegetables are so good for us! Full of vitamins and minerals. It's good to Eat a Rainbow as different fruits and vegetables benefit our bodies in different ways.

Hummus is made from chickpeas which are nutrient rich and a great source of fibre.



Energy, sugar, fat and salt per serving

Per wrap serving

ENERGY
1581kJ / 378kcal **19%**

MED **FAT**
15g **21%**

LOW **SATURATES**
2.5g **13%**

LOW **SUGARS**
13g **14%**

MED **SALT**
1.4g **23%**

% of an adult's reference intake

Typical values per 100g : Energy 442kJ / 105kcal

Notes

A **traffic light system** is used on nutrition labels to make it easier to see which foods and drinks are lower in calories, fat, sugar and salt. Try and choose more 'greens' and 'ambers' and fewer 'reds', and stick to smaller portions of 'reds'.

Just because a recipe or a food has a red traffic light doesn't mean you shouldn't eat it. Understanding why a food or recipe might have a red light can be helpful. For example oily fish is high in total fat and so any recipe containing oily fish is likely to be 'red' for fat. But it is recommended that we eat oily fish at least once a week because the type of fat it contains is beneficial for our health.

% Reference Intakes are also shown. Reference Intakes are guidelines about the approximate amount of particular nutrients and energy required for a healthy diet (based on an average-sized woman doing an average amount of physical activity). Most children will require less than these Reference Intakes. The contribution of one serving of a food or drink to the Reference Intake for each nutrient is expressed as a percentage