



Crunchy Vegetables and Hummus/Cream cheese

1. Spread hummus or cream cheese onto wrap
2. Cut a variety of vegetables into strips



Avocado, Beans and Rice

1. Mix Avocado with a squeeze of lemon juice
2. Add some cooked rice and black beans
3. Option to sprinkle cheese on the top



Sweet fruit

1. Mix cream cheese or Greek yoghurt and pure maple Syrup (or honey)
2. Top with your choice of fruits cut into small pieces