

Mexican Vegetable Wraps



Season: All seasons

Serves: 30 tastes in the classroom

Baby spinach—high in iron, folate, calcium, Vitamin E and potassium.

Purple cabbage—great source of magnesium, fibre, Vitamin B1, iron and protein.

Carrots— high in antioxidants, Vitamins C, K and B8, folate, potassium and iron.

Ingredients

- Soft wraps
- 1 cup Cream cheese
- 1 teaspoon Homemade taco seasoning
- Thinly sliced capsicum strips
- Thinly sliced carrot strips
- Baby spinach leaves
- Shredded purple cabbage

Method

1. Mix 1 cup cream cheese with 1 teaspoon of taco seasoning. This makes Mexican cream cheese and is a bit spicy!
2. Spread a thin layer of Mexican cream cheese evenly over wrap
3. Spread baby spinach leaves and vegetables evenly over wrap
4. Squeeze lime juice over vegetables and roll wrap tightly before eating