



RAINBOW WRAPS

Ingredients

- 1 wrap
- 1 piece of lettuce, shredded
- 1 piece of capsicum, sliced
- 1 piece of cucumber, sliced
- 1 piece of tomato, sliced
- 1 piece of avocado or Serve humus
- 1 piece of zucchini, grated
- 1 serve of grated cheese

Method

1. Place your wrap flat on your board
2. Spread the avocado over the wrap
3. Shred the lettuce and place on top of avocado
4. Prepare the zucchini, cucumber, and capsicum and add on top of lettuce
5. Slice the tomato and place on top.
6. Top with grated cheese
7. Fold over bottom edge, and then tightly roll up wrap.
8. Enjoy!

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