



WELL

Support to Recovery (S2R) PROMOTING POSITIVE MENTAL HEALTH

CONNECTED

Rainbow Wrap

Serves: 2

Prep Time: 15 min

Salad vegetables are often wasted, this wrap is an easy way to use those salad vegetables before they end up in the bin. Serve with green salad and tomatoes or a crunchy low fat coleslaw.

INGREDIENTS

- 2 bread wraps
- 2 tablespoons low fat cream cheese or Houmous
- 1 yellow pepper, washed, deseeded, sliced
- 1/2 bag boiled beetroot, cut into chunks
- 2 handfuls spinach. washed, shredded
- 1 medium carrot, peeled, grated.

Coleslaw

- 1/4 cabbage, washed, thinly slice
- 1 small red onion, finely chopped
- 2 carrots, peeled, grated
- 1/2 teaspoon dijon mustard
- 2 tablespoons low fat mayonnaise
- 2 tablespoons low fat plain yoghurt

GET COOKING

- 1 Place a wrap on a chopping board, spread with half the cream cheese.
2. In the middle of the wrap place a line of carrot, then, beetroot, then yellow pepper, finish with spinach.
3. Turn the wrap, fold in the sides and roll up the wrap.
Cut through the middle of the wrap before serving.

Coleslaw

1. Place the prepared vegetables into a bowl, season with ground black pepper.
2. In a small bowl, mix together the mayonnaise, yoghurt and mustard. Stir into the vegetables.
Serve, store in the fridge.



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