



- 5 mins

Allergens



WHEAT



SESAME

Utensils



grater



spoon

You will need...



small handful of rocket leaves



1/2 a small carrot



50g houmous



1 mini wholegrain tortilla wrap

Snack

Carrot and Houmous Roll Up (Uncooked)

1 Lay the wrap flat on a plate



2 Spread the houmous in the middle of the wrap



3 Grate the carrot



4 Top the houmous with the carrot

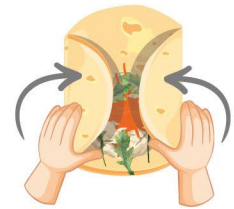


5 Add the rocket leaves to the houmous and carrot



6 Roll up the wrap

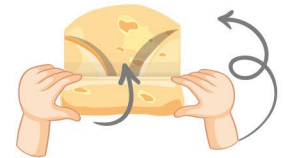
STEP 1
Fold in both sides



STEP 2
Fold up the bottom whilst keeping the sides flat



STEP 3
Roll up the tortilla



Enjoy your snack

