



## Today's special Californian wrap

### ingredients (per child)

- 1 tbsp spreadable cream cheese
- 1 large (10-inch/25-cm) flour tortilla, plain or flavoured
- 2 tbsp shredded carrot
- 2 tbsp thinly sliced red or yellow pepper
- 2 tbsp chopped red onion
- ¼ cup shredded Cheddar or Monterey Jack cheese
- ¼ avocado, peeled and sliced
- ¼ cup baby spinach leaves (optional)
- ¼ cup alfalfa (optional)

### materials (per child)

- 1 butter knife
- 1 sharp knife
- 1 plate
- 1 chopping board
- 1 vegetable peeler
- 1 grater

1. Slice the peppers; you should be able to do so with the butter knife, if not, adults can help with the sharp knife.

2. Next peel and chop the avocado.

3. Peel and grate the carrots.

4. Chop up a some of the onion (adults will need to do this, as a sharp knife is needed).

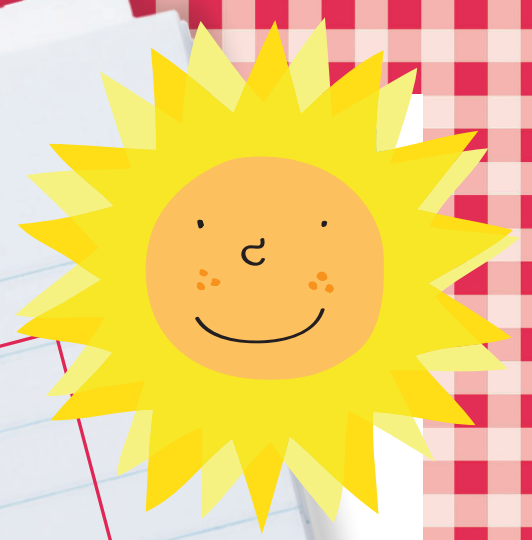
5. Lay the flour tortillas down on the plate and spread cream cheese on them.

6. Add all the different ingredients to the tortilla. When all the ingredients have been added, roll-up the tortilla. If it is a large tortilla, you can slice it in half.

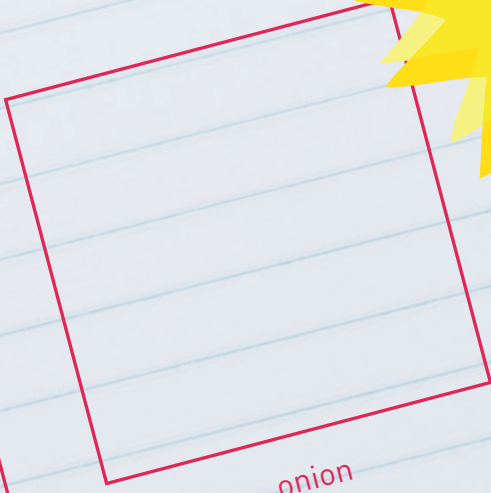
7. Eat and enjoy!



→ Draw the ingredients you need to make this recipe.



carrot



onion



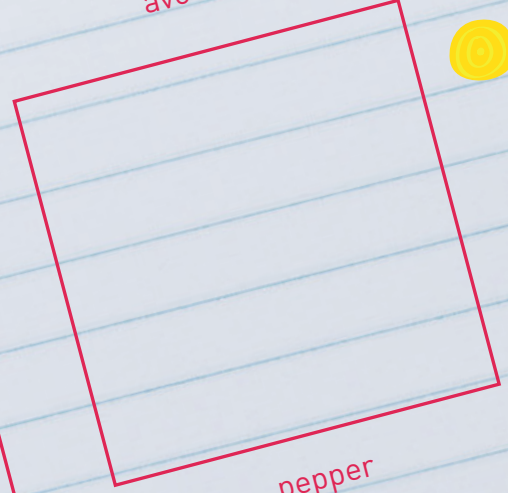
tortilla



avocado



cheese



pepper

