

The **co-operative** has simple and healthy recipes for busy parents that the kids will love and take no time to make.



Dipper Wraps

Makes 16 Prep 10 mins

Ingredients:

- 4 soft wholemeal tortillas
- 4tbsp The Co-operative low-fat houmous
- 25g baby or young spinach leaves
- 100g carrot, cut into short strips
- 100g cucumber, cut into short strips
- 75g red pepper, cut into short strips
- 50g stick celery, cut into short strips

1. Lay the tortillas out on a board, spread each one with 1tbsp of houmous, then add a layer of the spinach leaves. Press gently.
2. Cut each tortilla into quarters.
3. Divide the vegetable strips between the quarters and fold down the middle of each one. Roll up and serve.

Low in saturated fat

For more healthy recipes go to www.co-operative.coop/food/health1/healthy-recipes

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| approx per serving | | | | |
|--------------------|--------------------------------|-------------|-------------|-------------|
| Calories | Fat | Saturates | Sugars | Salt |
| 50 | 2.0g Med | 0.6g Low | 1.0g Low | 0.3g Med |
| | 3% | 3% | 1% | 5% |
| Makes 16 | of your guideline daily amount | | | |

The **co-operative** food