

TORTILLA WRAP

INGREDIENTS

1 piece of carrot
15ml spoon raisins
2 x 5ml low fat mayo
2 x 5ml low fat yogurt
portion of tuna
1 tortilla wrap
lettuce leaf
slice of tomato

ALTERNATIVES

- Replace tuna with cooked meat
- Add a few slices of red pepper
- Substitute low fat cheese like edam for the tuna

METHOD

1. Wash vegetables.
2. Peel and grate the carrot.
3. Mix carrot, raisins, mayonnaise and yogurt together in a small bowl.
4. Place tortilla on a plate. Cover with lettuce, tomato, carrot mixture and top with tuna.
5. Fold up the bottom of the tortilla wrap then roll. Cut in half to serve.