

SPAR 

# BETTER CHOICES kids



FREE RECIPE  
TO TAKE HOME



## Cream cheese & salad Pita

**SERVES: 1****PREPARATION TIME:** 5 minutes**INGREDIENTS:**

- 1 Wholewheat pita bread
- 9 Thin slices of cucumber
- 3 Thinly sliced cherry tomatoes
- Some cream cheese (with or without herbs)
- Small handful of rocket
- Small handful of baby leaf lettuce

**METHOD:**

1. Cut the pita bread open
2. Spread a thin layer of cream cheese on the pita
3. Fill the pita bread with the rocket
4. Add the cucumber and tomato slices

**TIP!**

Eating fruit or veg  
at each meal helps you  
reach your target  
of 6 a day!

**ENJOY!**