

SPAR 

BETTER CHOICES kids

FREE RECIPE
TO TAKE HOME



Tuna Wraps

**WHAT YOU NEED:**

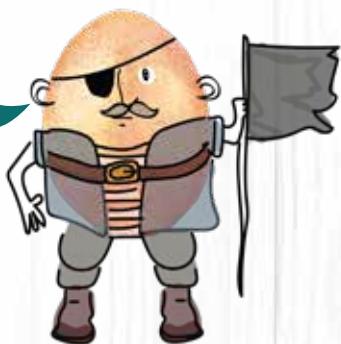
- 2 wholewheat wraps
- 1 can of tuna (In spring water)
- 3 large leaves of lettuce
- 1 whole tomato
- 2 baby cucumbers or slices from a large cucumber
- 4 Tablespoons mayonnaise

WHAT TO DO:

1. Wash the lettuce, tomato and cucumber and dry with paper towel. Use a chopping board to chop the lettuce into shreds and chop the cucumber and tomato into small blocks.
2. Open the tuna with a can opener (ask for help if you find it tricky). Drain the water out of the can and empty the tuna into a bowl.
3. Mix the mayonnaise into the tuna and then add the salad ingredients.
4. Spread the mixture between the two wraps, in the middle of the wrap, leaving some space around the edges.
5. Fold in the two sides and then the bottom edge over the two sides. Roll it up and then cut the wrap in half.
6. Enjoy!

TIP!

When there's less sun, turn to fish like tuna, salmon and sardines for your dose of Vitamin D. We need it to help keep our bones strong and to fight off illnesses

**ENJOY!**