

Recipe for: **Healthy Pizza Wraps**

Ingredients:

- Tortilla wraps (white, brown, or wholemeal)
- Tomato sauce/tomato and basil pasta sauce
- Grated cheese (mozzarella and/or cheddar)

Equipment:

- Knife or spoon for spreading
- Cheese grater
- Oven/grill
- Oven proof tray or dish
- Oven gloves



Method:

1. Spread a thin layer of the tomato sauce on your wrap.
2. Sprinkle a layer of grated cheese on top.
3. Roll up the wrap and place on an oven proof tray.
4. Place under the grill, until the cheese melts. Turn the wraps a few times so all sides are grilled.
5. Remove wraps from oven.
6. Allow your wraps to cool slightly.
7. Cut, serve and enjoy!



Recipe 'written' by: Mrs Lemmon

Children's comments: "I made the cheese go all stringy!" (Omar), and "It's yummy. I can't believe it's healthy!" (Taha)