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| **Build Your own Wrap** |

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| **Makes** |  | **From the**  **garden:** | Lettuce, Carrots, Tomatoes, cucumbers |

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| **Equipment** | **Ingredients** |

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| * Non slip mat * Chopping board * Grater * Child safe knife. * Butter knife * Fork (for mashing) * Small bowl (for avocado) * 4 bowls | * Iceberg Lettuce (shredded) * Carrots (grated) * Cheese (grated) * Tomato (thinly sliced) * Cucumber (thinly sliced) * Avocado (mashed) * Mayonnaise * Salt and Pepper * Wraps |

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| **What to do** |

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| 1. Slice tomato and cucumber. 2. Carefully grate cheese and carrot. 3. Using a knife, thinly shred lettuce. 4. Using the fork , carefully mash the avocado in a bowl. 5. Once all ingredients are prepared and placed in bowls, assemble your wrap. Season with salt and pepper. 6. Enjoy! |

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| **Bottom Drawer** |  |