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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** |  |