

|  |
| --- |
| **Build Your own Wrap** |

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

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

|  |  |
| --- | --- |
| * 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
 |

|  |
| --- |
| **What to do** |

|  |
| --- |
| 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!
 |

|  |  |
| --- | --- |
| **Bottom Drawer** |  |