



## Roly Poly Sandwiches

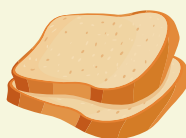
### You will need

- Knife
- Fork
- Chopping board or plate
- Rolling pin



### Ingredients

- Thin slice of bread (wholemeal or white)
- Choose a soft, easy to spread filling eg tuna mixed with mayonnaise or grated cheese and mild salsa or mashed banana or houmous or cream cheese



### How to make:

- Cut crusts off bread.
- Use the rolling pin to flatten the bread.
- Spread a little filling of your choice onto the slice of bread.
- Roll up like a swiss roll from the short end.
- Place on a flat surface with join on the bottom and slice into 3 pieces.

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low cost recipes

