



Beany Rainbow Wrap

You will need

- Knife
- Chopping board
- Mixing Bowl
- Spoon
- Fork
- Teaspoon
- Tin Opener
- Scissors



Ingredients

- 1 Tin of beans (cannellini, borlotti, chickpeas or mixed beans)
- ¼ Cucumber
- 1 Pepper (Any colour)
- 1 Small bunch of chives
- 1 Teaspoon of Mixed Herbs
- Cream Cheese or Hummus
- Tortilla Wraps (Wholemeal or Corn)

How to make:

- Drain tin of beans and add to bowls, mash with fork.
- Wash and finely chop the cucumber and pepper.
- Wash and snip the chives into small pieces.
- Add the chives, cucumber and pepper to the mashed beans and mix together.
- Sprinkle the herbs onto the bean mixture and mix together.
- Into the bowl, add cream cheese or hummus and mix well.
- If using large wraps, cut them in half.
- Spread bean, cream cheese or hummus mixture onto the tortilla wrap.
- Fold the filled wrap into a parcel shape.



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