

CITY LIFESTYLES



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Recipe name: Ellen White's Protein and Cheddar Pinwheels

Serves: 2 people

Preparation time: 5-10 mins

Cooking time: None

Starting line-up (*ingredients*):

2x tortilla wraps, 4x ham/turkey/quorn slices, grated cheese, 2x lettuce leaves or 2x tbsp coleslaw



Warm-up (*preparation*):

Grate cheese, split Lettuce



Game plan (*method to make*):

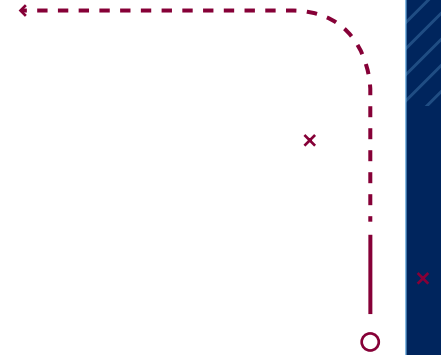
1. Roll out tortilla wrap
2. Place 2 leaves of lettuce on the wrap or spread the coleslaw
3. Place either 2 slices of ham, turkey or Quorn over the lettuce
4. Spread the grated cheese over the slices
5. Roll the wrap up
6. Cut in 2 or 4 sections depending on preferred size



Substitutes

Gluten intolerance – gluten free wraps

Use mayo for sauce



Nutritional benefits:

Ham, turkey, Quorn, cheese - protein

Tortilla wraps - fibre and lower risk of type 2 diabetes and strokes

Each serving provides 179k kcal per person, 144g carbohydrates, 44g protein, 28g fats



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