

## Recipe of the Week 5 Toasted Breakfast wrap

The toasted breakfast wrap is a delicious snack ideal for a mid morning snack or for the mornings when you have no training. The dish is high in vitamins and minerals and can form 2 - 3 of your 5 daily portions of fruit and vegetables for the day.

Tip: You can feel the toasted tortillas with a mixture of fruits **or** scrambled eggs flavoured with halved cherry tomatoes and slices of honey roast ham.



**Serves: 4**  
**Preparation time: 2-minutes**  
**Cooking time: 2-minutes**

### Method

1. Chop the bananas, apples and nectarines and toss with the honey. Spoon the fruit down the centre of the tortillas and roll up, folding in the ends to enclose and form wraps.
2. Heat a non-stick griddle pan over a medium heat. Place the tortilla wraps seam-side down, in the pan and cook for 2 minutes each side. Serve warm.
3. Serve

### Ingredients

2 large bananas  
2 apples  
2 nectarines halved and  
stoned  
2tsp thin honey  
4 flour tortillas

### Each serving contains

Energy (kcal) – 238  
Carbohydrates – 40g  
Protein – 14g  
Fat – 1g (0.1g saturated)

(Adapted from Tesco healthy living, 2009)

