Healthy 🍑 Hounslow

HEALTHY WRAP FILLING RECIPES HALLOUMI SALAD WRAP

Ingredients:

- ·Wholemeal Wrap
- ·Low fat Halloumi cheese: 2-3 slices (grilled or pan fried)
- ·Baby spinach
- ·Mixed lettuce leaves
- ·1/2 Cup Cucumber (sliced)
- ·¼ Bell pepper (sliced)
- ·Optional dressing: a drizzle of lemon juice, olive oil or natural yoghurt
- ·Optional herbs/spices: a sprinkle of paprika.







- Calories: 420 480
- Protein (grams): 20 23g
- Fat (grams): 22 26g
- Fibre (grams): 7 9g







HEALTHY WRAP FILLING RECIPES CHICKEN SALAD WRAP

Ingredients:

- ·Wholemeal Wrap
- · Medium-cooked chicken breast (150 180g)
- ·¼ Red onion (sliced)
- ·½ Carrot (grated)
- ·1 Cup Baby spinach
- ·½ Cup Cucumber (sliced)
- Dressing: 2 tbsp Greek yoghurt, 1 tsp Dijon mustard, Salt & pepper (to taste).

Nutritional value (Per wrap):

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• Calories: 400 – 440

• Protein (grams): 45 - 50g

• Fat (grams): 9 - 12g

• Fibre (grams): 6 - 8g





Healthy 🍑 Hounslow

HEALTHY WRAP FILLING RECIPES ROASTED MEDITERANNEAN CHICKPEA WRAP

Ingredients:

- ·Wholemeal Wrap
- ·1 Tin chickpeas (roasted)
- ·¼ Bell pepper (roasted)
- ·1/2 Avocado (mashed)
- ⋅¼ Red onion (sliced)
- ·½ Cup Cucumber (sliced)
- ·2 tbsp Feta cheese (crumbled)
- ·Optional herbs/dressings: Drizzle olive oil, lemon juice, parsley, salt/pepper to taste.



- Nutritional value (Per wrap):
- Calories: 450 480
- Protein (grams): 16 18g
- Fat (grams): 22 25g
- Fibre (grams): 12g







