

# IT'S A Wrap!

START THE DAY RIGHT; SEND YOUR LITTLE ONE OFF WITH A HEARTY SNACK THAT'S GREAT EVEN ON-THE-GO.



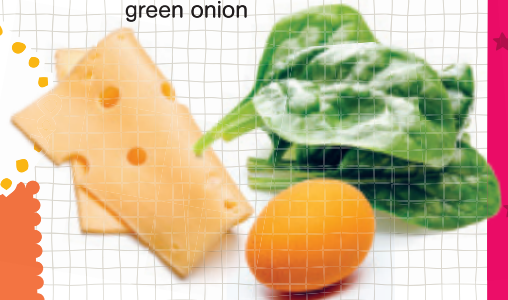
FOLLOW THESE STEPS

WHOLESOME WRAP

MAKES 1 WRAP

### WHAT YOU'LL NEED

- ▶ 1 tablespoon unsalted butter
- ▶ 1 large egg
- ▶ A pinch of salt
- ▶ A pinch of pepper
- ▶ 1/2 cup baby spinach
- ▶ 1 whole wheat tortilla
- ▶ 1 slice of cheese
- ▶ 2 tablespoon chopped green onion



### AN ALL-ROUNDER

Eating more whole grains has been shown to lower the risk of developing chronic diseases such as heart diseases and diabetes. The health benefits of whole grains are not just contributed by fibre or any single nutrient. Instead, different components all work together to protect your health!

Swap the butter for soft margarine or oil with the healthier choice label!



This recipe first appeared on Today's Parent, by Rogers Digital Media.



1 Heat butter (in medium-low) in a non-stick pan.



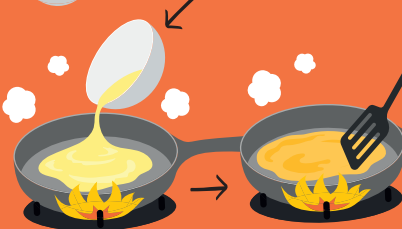
3 Lay the baby spinach in a row on top of the tortilla and top with sliced cheese.



4 Spoon scrambled egg on top of cheese and sprinkle with green onion.



2 Add egg, beaten with the salt and pepper. Scramble for one minute, or until just cooked through.



5 Roll tortilla up and your wrap is ready!

