

# HARVEST WRAP

RECIPE BY: TEAM WELLBE



VEGETARIAN VEGAN LOWER CARBS

DIFFICULTY: EASY

TIME: 5 MINS

SERVES: 1

A filling and plant-based wrap option that's quick and simple to prepare.

## METHOD

Prepare all ingredients and combine into a wrap.

Swap out the cheese for 1 Tbsp chopped nuts for a vegan-friendly option.

## INGREDIENTS

- 1 large whole wheat or low carb wrap
- 1/4-1/2 medium ripe avocado, sliced
- 30g cheese of choice e.g. feta
- 1 handful salad greens of choice
- 1/4 medium cucumber, chopped
- 6 baby tomatoes, halved
- 2 Tbsp carrot, shredded
- 2 tsp mayonnaise
- Salt and pepper to taste