



Sesame free houmous Rainbow Salad Cracker Wraps!

Serves	6
Prep (min)	15
Cook (min)	0

(SESAME FREE) HOUMOUS RAINBOW SALAD CRACKER WRAPS!

Fresh food and fun. Now that's a wrap! **Remember** to let a grown-up check every packet label for allergens (and traces of allergens) before you start.

Free from

Dairy
Egg
Gluten
Nuts
Peanut
Soya
Sesame
Shellfish
Fish

Ingredients

Sesame free houmous

1 tin of chickpeas (400g approx)
2 garlic cloves, crushed
120ml olive oil
1/2 lemon (juice only) (optional)
1 tsp ground cumin
1 tsp ground coriander

Wrap filling

1/2 iceberg lettuce
1 carrot, grated
1 beetroot, grated
1/3 cucumber
6 BFree Multigrain Wraps

Method

1. Take one grown-up and put them in charge. First make the sesame free houmous by draining your chickpeas and rinsing them well under cold water.
2. Next place all the ingredients for the **sesame free houmous** into a blender, and whizz for a few minutes until you have a smooth, thick paste. Then add a pinch of salt & pepper and extra olive oil if you wish.
3. Now for the filling. Wash your vegetables, then finely slice your lettuce and cut your cucumber into chunky strips. Carefully shred your carrot and beetroot using a box grater, but be careful as box graters are sharp. When you get near to the end of your vegetable, keep your fingers safe and discard the last knobby bit.
4. Now we're ready to assemble! Spread a layer of sesame free houmous over your wrap and go right to the edges as this is the 'glue' to help your wrap stick together!
5. Then make a 'traffic light' salad in the middle of your wrap; beetroot, carrot, lettuce then place two sticks of cucumber on top (remember not too much filling or you won't be able to wrap it).
6. Time to wrap it up! Roll one edge over your salad to make a half moon shape. Then to make your filling feel snug and compact, pull the wrap cover back towards you grabbing the filling at the same time. Now fold both sides in and continue to roll to complete your wrap.
7. To make your cracker. Roll your wrap in baking parchment and twist the ends. Then diagonally slice your wrap in half to reveal your rainbow filling!

IMPORTANT INFORMATION

Even though we have made every effort to check all product ingredients are free from listed allergens, please always make sure to double check product labels before consuming. Product ingredients and manufacturing processes change frequently. Therefore Allergy Adventures® cannot be held responsible for any consequences that may arise from any information listed on this page.

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A world of serious fun