



**CHILDHOOD CANCER
AWARENESS MONTH ●**

“Veggie Sushi Lunch Box ”



@MML_Nutrition

Ingredients

- **x1 medium wholemeal tortilla wrap**
- **1/2 avocado**
- **x2 tbsp ranch dressing, low fat cream cheese or humus**
- **1/2 pepper (Any colour)**
- **1/2 orange**
- **1/2 cup of shelled Edamame**

Instructions

- 1. Place tortilla on a work surface and spread ranch dressing (or cream cheese or hummus) over it**
- 2. Top with chopped pepper and avocado. Roll the tortilla tightly around the vegetables**
- 3. Cut crosswise into 1-inch slices.**
- 4. Pack in the large section of a lunch box or in a large container.**
- 5. Cut oranges into wedges then pack orange wedges and edamame in the remaining sections of the lunch box/ container**

Per Roll: CARBS- 14g PRO- 7g FAT:8g= ENERGY FOR THE DAY!