

Tuna Roll Ups

CAL: 419 PROTEIN: 27 CARBS: 44 FIBRE: 4 FAT: 15



Tuna Roll Ups



SERVES:

2



TIME:

5 minutes



INSTRUCTIONS

Lay out the two wraps and spread cream cheese all over.

Next, layer the spinach, carrot, cucumber and tuna.

Roll the wraps up as tightly as you can to enclose the filling.

Slice each wrap into three.

These are great eaten straight away or wrapped in cling wrap and popped in your lunch box.

INGREDIENTS

2 wholemeal (or gluten-free if required)

wraps

4 tbsp cream cheese

60g spinach

1 small carrot, grated

1/4 cucumber, sliced lengthways

1 (125g) tin tuna in springwater, drained

MACROS

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