

SUGAR SMART



#FOODREVOLUTION



MINI SUPER-FRUIT BREAKFAST WRAPS

SERVES 1

TOTAL TIME: 10 MINUTES

This brilliantly quick recipe is easy to make in the morning before school, and will fuel your body in the right way. Blueberries and raspberries are a fantastic choice here, but feel free to swap in your favourite fruit, or whatever you have at home. Enjoy!

This is one of Jamie's Food Revolution recipes, a collection of simple dishes that teach us how to feed ourselves and our families good, nutritious food for years to come. A good, homemade breakfast is one of the best ways to give yourself a healthy head start. Find out more at jamiesfoodrevolution.org

jamiesfoodrevolution.org

INGREDIENTS

- 1 satsuma
- 1 wholemeal tortilla wrap
- 1 teaspoon quality cocoa powder
- 2 tablespoons natural yoghurt
- 1 ripe banana
- 1 handful fresh berries, such as raspberries, blueberries
- 1 teaspoon mixed toasted seeds

EQUIPMENT

- Chopping board
- Knife
- Kitchen paper
- Measuring spoons
- Empty jam jar with lid
- Fork

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NOTES

1. On a chopping board, slice the satsuma in half across the middle, then remove to a plate and pat the board dry with kitchen paper, if needed.
2. Measure the cocoa powder into a jam jar, then squeeze in half the satsuma juice (save the rest for another day).
3. Put the lid securely on the jar and shake well. Add the yoghurt, pop the lid back on, and give it another shake.
4. Spread the cocoa yoghurt evenly over the wrap.
5. Peel and place the banana in the middle of the wrap, then gently mash with a fork, spreading it around as evenly as possible.
6. Sprinkle the berries and seeds over the mashed banana.
7. Cut into quarters, then tuck in, folding or wrapping up each quarter as you go.

Calories	Fat	Sat Fat	Protein	Carbs	Sugar	Salt	Fibre
345kcal	8g	3.5g	11.3g	56.4g	27.7g	0.6g	8g

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