# SUGAR SMART





# 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**

- 0 1 satsuma
- 1 wholemeal tortilla wrap
- O 1 teaspoon quality cocoa powder
- O 2 tablespoons natural yoghurt
- 0 1 ripe banana
- 1 handful fresh berries, such as raspberries, blueberries
- 1 teaspoon mixed toasted seeds

#### **EOUIPMENT**

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



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- 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.
- 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.

### **NOTES**

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

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