



Recipe

Egg Mayonnaise Wrap

Ingredients

- 1 plain white wrap.
- 1 boiled egg.
- 1 tea spoon of low fat mayonnaise.
- ½ tbsp.. dried chives.

Why not add some of your 5 a day?

- Spring onions.
- Mixed coloured peppers.
- Red Onions.
- Lettuce.
- Cheese.

Step 1

Take the shell of a hardboiled egg and slice into thin slices place into a small bowl. In the bowl add 1 teaspoon of low fat mayonnaise and ½ teaspoon of chives and mix well

Step 2

If you are adding the vegetables, thinly slice the spring onions or red onion, dice the mixed peppers and add to the mix. Spoon the mixture onto your wrap and add lettuce and a small amount of cheese.

Step 3

Wrap it all together and enjoy.

You can experiment with different vegetables and could also use chicken or tuna instead of egg.