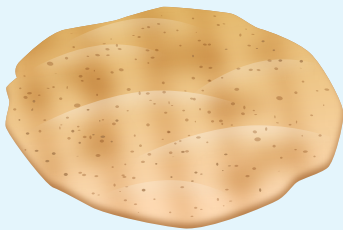


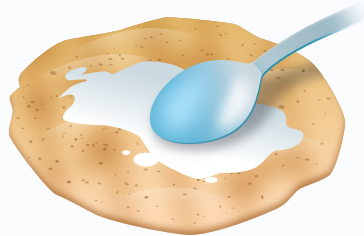
Crunchy Rainbow Wrap

1 Get Started



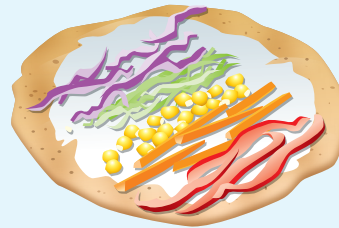
Lay your tortilla flat.

2 Paint the Sky



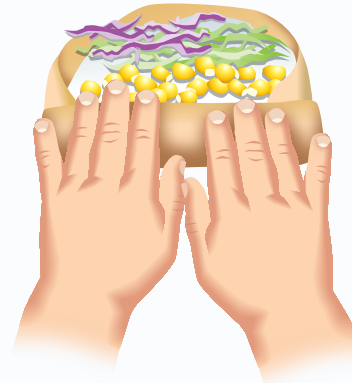
Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up



Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

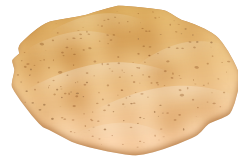
5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.

Ingredients

Choose Vegetables



whole-wheat tortilla



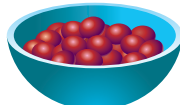
reduced-fat cream cheese

Red

red-pepper strips



red beans



chopped tomatoes



Orange

carrot shreds



Yellow

corn

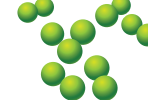


yellow-pepper strips



Green

peas



spinach



shredded lettuce



Blue/Purple

shredded purple cabbage



radicchio

