

# Broccoli

## **BROCCOLI WRAP**

Makes 2 wraps

### **INGREDIENTS    SUPPLIES**

- 2 - 7" flour tortillas
- 2 slices deli meat (turkey, ham)
- 4 tablespoons softened cream cheese
- 4 broccoli florets, chopped
- small plates
- napkins
- table knives
- 1 serving bowl

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## **NOTE TO GROWN-UPS**

Children love to prepare their own snacks – it gives them a sense of competence. Adults need only to chop the broccoli for this recipe – do not let preschoolers handle sharp knives. Offer them a table knife or serrated plastic knife for spreading or cutting. To show your child how to make a wrap, make your own broccoli wrap along with your child.

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## **DIRECTIONS**



1. Invite your child to wash their hands and join you for a cooking activity.
2. Invite your child to spread some cream cheese in a thin layer over the tortilla.
3. Sprinkle 2 tbsp of broccoli over the cream cheese, leaving about 1/3 of the tortilla bare.
4. Lay the lunchmeat on top of the broccoli.
5. Beginning from the side sprinkled with broccoli, roll the tortilla up to the opposite end.
6. Pick up the wrap and eat! If desired, the wrap may be cut crosswise into spirals for bite-sized pieces.

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