



Kids Can Cook

Veggie Roll-Ups

For the health and safety of everyone, please allow each child to have their own personal ingredients to use when preparing this delicious snack.

Please Note: ALWAYS wash your hands before and after handling food.

Ingredients:

- Whole wheat tortilla
- Whipped cream cheese
- Onion powder
- Fresh baby spinach, chopped
- Carrots, shredded
- Tomato, chopped
- Cucumber, thinly sliced
- Shredded Mexican cheese



Directions:

1. Spread cream cheese evenly over the entire tortilla.
2. Sprinkle lightly with onion powder.
3. Layer on the veggies and sprinkle with cheese.
4. Starting at one end, tightly roll up the tortilla and slice into serving pieces.

Source: <https://bit.ly/2NHYNgc>