

# Summer Chicken Veggie Wrap

Preparation time: 20 min



## Ingredients:

- **Whole-grain tortilla wraps.**
- **Chopped green prepper, yellow pepper, red pepper, tomatoes and lettuce.**
- **Sliced, grilled chicken breast** (use herbs & spices as preferred during cooking).
- **Homemade Tzatziki herb yoghurt sauce** (recipe on next page) **or other sauce of preference.**
- **2 Level scoops/tablespoons Alula GOLD Kid powder mixed into the homemade Tzatziki herb yoghurt sauce or other sauce of preference.**

## Instructions:

- 1** Prepare homemade Tzatziki according to instructions on next page & mix in Alula GOLD Kid powder.
- 2** Grill chicken using herbs & spices according to taste.
- 3** Chop all vegetables.
- 4** Lay out tortilla wrap.
- 5** Heat tortilla wrap according to manufacturers' instructions.
- 6** Spread a layer of Tzatziki/other sauce on the tortilla.
- 7** Add chopped vegetables & chicken.
- 8** Roll up the tortilla tightly & enjoy.

**LUNCH**