

Make-Your-Own Pitas or Wraps

Children often like to eat their own creations.

Here are some ideas for children to make their own pita or wrap. The idea is to have several different ingredients on hand. Children can mix and match the ingredients to make their very own pita or wrap.

Here is what you will need to have on hand:

- Pita bread (cut in half) or tortillas (plain or flavoured)

Here are some ideas of foods that you may want to have the children choose from:

- luncheon meat (e.g. turkey, ham, roast beef)
- cubed chicken breast
- peanut butter
- tuna or salmon salad
- chicken salad
- hummus
- beans
- pepperoni
- cooked tofu
- sliced cheese (different varieties)
- grated cheese (different varieties)
- cooked rice
- grated carrot
- tomato slices
- cucumber slices
- sliced green, red, yellow or orange peppers
- alfalfa sprouts
- sliced celery
- lettuce or spinach
- sliced seedless grapes
- raisins
- sliced bananas
- sliced apples
- sliced pears
- tomato/pizza sauce
- mayonnaise
- mustard
- salsa

You do not have to stick to these foods. Be creative!

1. Prepare pita or wrap fillings
2. Have children choose their favourite foods.
3. If using tortillas, have children place food on the tortilla and then roll it up. If using pitas, have children stuff the halved pita with the chosen foods.

Preparation Time:
15-25 minutes

Equipment:

- paring knife
- cutting board

Advanced preparation:

- to save time, prepare and pre-cut all ingredients

Fibre-Full Bran Pancakes

3/4 cup	whole-wheat flour	175 ml
1/2	cup bran cereal flakes, crushed	125 ml
1/4	cup wheat germ	50 ml
1 ½	teaspoon baking powder	7 ml
1/8	teaspoon salt	0.5 ml
1	cup milk	250ml
1	egg	1
1	egg white	1
1	tablespoon vegetable oil	15 ml

1. In a medium bowl, combine flour, bran flakes, wheat germ, baking powder and salt. Set aside.
2. In a small bowl, blend together milk, egg, egg white and oil; stir into bran mixture until combined. Heat non-stick griddle or frying pan over medium heat. For each pancake, pour about ¼ cup of batter onto griddle. Cook, turning once, for about 1 to 2 minutes per side or until golden.

Makes 8

**These nutritious pancakes are delicious with a fruit compote and yogurt to complete the meal. Served with fruit, they are so good, they need not be reserved for breakfast.

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