



The fattest

Roll-up

and no munchies



This will probably be one of the healthiest roll ups you'll ever make. With summer approaching swiftly its important that you give your body all of the nutrients that it deserves in order to keep it hydrated. Besides water lots of fruit and vegetables will also help with this. This recipe is just one way to ensure that you stay healthy this summer.

Ham Tortilla Roll Ups

Ingredients

- 2 tortilla wraps
- 4 tsp of cream cheese
- 2 oz of ham
- 4 tbsp of shredded lettuce or spinach leaves
- 8 baby tomatoes
- 1/2 a red onion shredded
- 1/2 a yellow pepper (optional)

Serves 2

Three easy steps

1. Spread the cream cheese evenly on the tortilla wraps.
2. Distribute the ham, lettuce, tomatoes and onion equally into the tortilla wraps.
3. Roll up and enjoy being healthy.

These are good for picnics too.

Smoothies

Summer Fruit Smoothie

Ingredients

- 1 cup of strawberries, hulled
- 1 banana, broken into chunks
- 2 peaches
- 1 cup orange or peach or mango or apple juice
- 2 cups ice

Serves 2

Two easy steps

1. In a blender, combine strawberries, banana and peaches. Blend until fruit is pureed.
2. Blend in the juice
3. Add ice and blend to desired consistency.
4. Pour into glasses and enjoy

