

# Homemade Spinach Wrap

## FOR HEALTHIER BALANCE

Making your own wraps at home is great—especially since it lets you control the ingredients and boost the protein and fibre compared to store bought. It's important to remember that carbs aren't the enemy. They play a key role as our main source of energy. These wraps to include some healthy wholemeal carbs, giving you a more balanced option that will help keep you fuller for longer. .



2 SERVINGS



## INGREDIENTS

- 80g **spinach**
- 2 **eggs**
- 60g wholemeal **flour**
- 3 tbl spn **water**
- 1/4 tsp **salt**
- 10g mixed seeds (optional)
- Low calorie oil spray
- Your choice of fillings

**Practical Tip:** This is a great lunch on the go option, take it with you to appointments, work or class.



ella dawson  
FOUNDATION

helping young adults  
live **well** with cancer

*All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personalised advice tailored to your specific treatment pathway.*

# Homemade Spinach Wrap

FOR HEALTHIER BALANCE

Making your own wraps at home is great—especially since it lets you control the ingredients and boost the protein and fibre compared to store bought. It's important to remember that carbs aren't the enemy, they play a key role as our main source of energy. These wraps to include some healthy wholemeal carbs, giving you a more balanced option that will help keep you fuller for longer.



2 SERVINGS

## METHOD

- 1) Place the spinach and eggs in the blender and blend until smooth.
- 2) Add in the wholemeal flour and salt and blend.
- 3) Slowly add the water and gradually blend together.
- 4) At this point you are ready to cook the wraps. If you would like to add seeds add them to the mixture and mix with a spoon.
- 5) Grab a frying pan and put it over a medium-high heat. Spray the pan with low calorie oil spray.
- 6) When the oil has heated up add a large spoonful of the mixture onto the pan. Use the back of your spoon to spread the mixture out so you have a large circular wrap.
- 7) Leave on the pan for around 30 seconds to 1 minute and every so often try to put a spatula under the edge. If the wrap starts lifting up, carefully try to get the spatula under the wrap and flip to the other side.
- 8) Cook on this side for a round one minute until cooked.
- 9) Take off the heat and put the wrap onto a plate.
- 10) Repeat the process with the second wrap.
- 11) Add filling of your choice. I have opted for tuna mixed with avocado and salad in the picture shown.

## NUTRITIONAL INFORMATION PER PORTION (no seeds)

**ENERGY:** 205 KCAL    **FATS:** 4.9 g    **PROTEIN:** 13.6 g    **CARBOHYDRATES:** 30g **OF WHICH SUGAR** 1.8g    **FIBRE:** 3.2g

[www.elladawsonfoundation.org.uk](http://www.elladawsonfoundation.org.uk)



ella dawson  
FOUNDATION

helping young adults  
live **well** with cancer



Ella Dawson Foundation



Ella Dawson Foundation



@EllaDawsonFoun1



@elladawsonfoundation