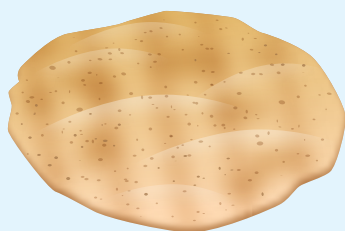


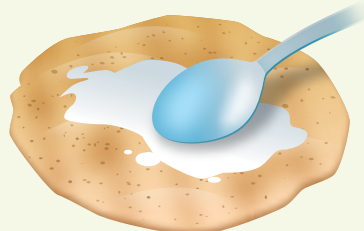
Crunchy Rainbow Wrap

1 Get Started



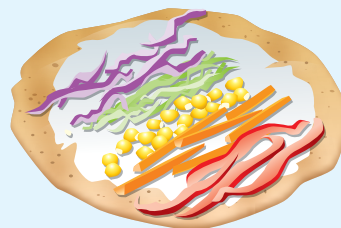
Lay your tortilla flat.

2 Paint the Sky



Spread some cream cheese onto the tortilla.

3 Get Colorful



Use veggies to create a rainbow on your tortilla. Leave some room around the edges.

4 Roll It Up

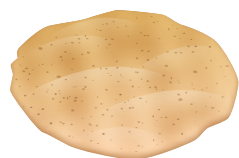


Fold in sides of the tortilla. Start at one end and roll your tortilla up tight.

5 Taste the Rainbow



Let an adult cut your wrap in half. Enjoy your colorful snack.



whole-wheat tortilla



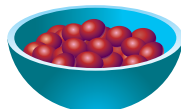
reduced-fat cream cheese

Red

red-pepper strips



red beans



chopped tomatoes



Ingredients

Choose Vegetables

Orange

carrot shreds



Yellow

corn



yellow-pepper strips



Green

peas



spinach



shredded lettuce

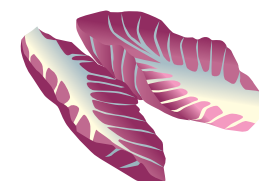


Blue/Purple

shredded purple cabbage

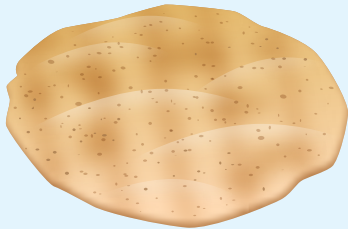


radicchio



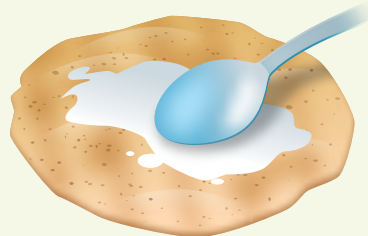
Envoltura de arcoíris crocante

1 Comienza



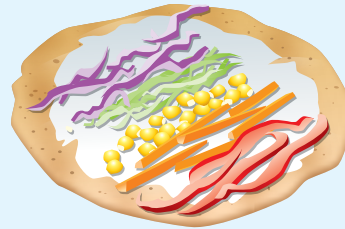
Extiende la tortilla.

2 Pinta el cielo



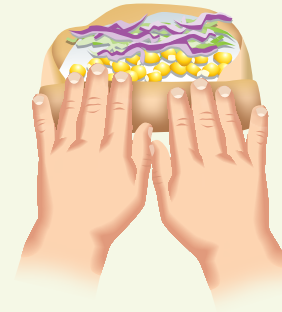
Pon un poco de queso crema sobre la tortilla.

3 Ponle color



Utiliza vegetales para crear un arcoíris en tu tortilla. Deja algo de espacio alrededor de los bordes.

4 Enróllalo

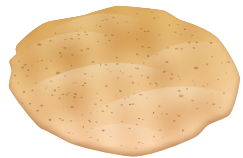


Dobra los lados de la tortilla. Comienza en un extremo y enrolla tu tortilla hasta que quede como un rollo.

5 Saborea el arcoíris



Deja que un adulto corte tu envoltura por la mitad. Disfruta de tu refrigerio colorido.



Tortilla integral



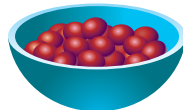
queso crema bajo en grasa

Rojos

tiras de pimiento rojo



frijoles rojos



tomates picados



Ingredientes

Elije vegetales

Anaranjados

zanahoria rayada



Amarillos

maíz

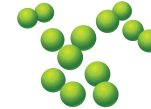


tiras de pimiento amarillo



Verdes

guisantes



espinacas



lechuga cortada en trozos



Azules o morados

repollo morado cortado en trozos



achicoria

