

## Cheesy Hummus Wrap

- 2 tbsp reduced-fat hummus
- 1 large whole-meal wrap
- 1 small carrot, grated
- Small wedge of lettuce, to give 2 tbsp when shredded

- **Complete your lunchbox with:**
- 5 cherry tomatoes
- 2 tbsp frozen mixed berries and 3 tbsp low-fat Greek style yogurt
- 150ml fruit juice drink (with no added sugar) or 200ml water

**1**

Spread the **hummus** over the **wrap**, then sprinkle on the **carrot** and **lettuce**.

**2**

Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.

## Scrambled Eggs on Mega-Mushrooms with Grilled Peppers

- 2 red peppers, deseeded and sliced
- 4 very large mushrooms, stalks removed
- 6 eggs
- 4 tbsp skimmed milk
- 2 tsp lower-fat spread
- 12 cherry tomatoes, halved
- 4 whole-meal pitas

- Freshly ground black pepper
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## 1

Preheat the grill. Arrange the sliced peppers and mushroom caps on the grill rack and grill them for 4-5 minutes, turning once. Beat the eggs and milk together. Chop the mushroom stalks.

## 2

Melt the lower-fat spread in a non-stick saucepan and add the eggs and mushroom stalks, stirring with a wooden spoon to set and scramble the eggs. Add the grilled peppers and cherry tomatoes, and cook for a few more seconds.

## 3

Meanwhile, warm the pita bread in a toaster or under the grill. Warm 4 serving plates and place a mushroom on each one. Share the scrambled egg mixture between them and season with black pepper. Serve with the warm pitas.