

# Mountain Bread Wrap

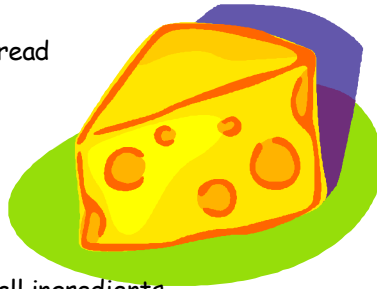
(In Pairs)

Preparation Time: 20 minutes

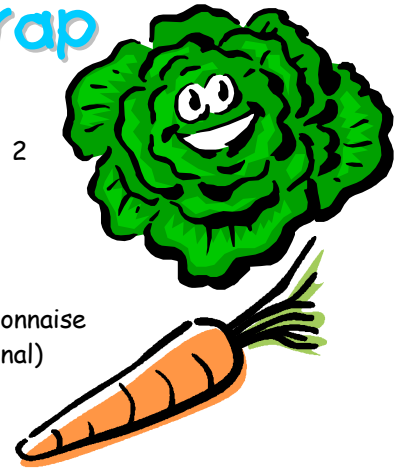
Serves: 2

## Ingredients

2 Slices Mountain Bread  
2 Lettuce Leaves  
 $\frac{1}{2}$  Carrot (grated)  
Small cube Cheese



1 Slice Ham  
 $\frac{1}{2}$  T Low-Fat Mayonnaise  
1 T Raisins (optional)



## Method

1. Collect all ingredients
2. Grate Carrot, Dice Cheese, Shred Lettuce and Slice Raisins
3. Place Mountain Bread on a piece of glad wrap and spread lightly with the mayonnaise.
4. Cut the ham slice in half and place in the middle, but toward the edge closest to you.
5. Mix the carrot, cheese and raisins and sprinkle over the ham.
6. Lastly add the shredded lettuce on top of the other ingredients and roll up tightly folding in one end of the wrap as you roll.
7. Wrap in the glad wrap - don't remove to serve, but peel down as you eat

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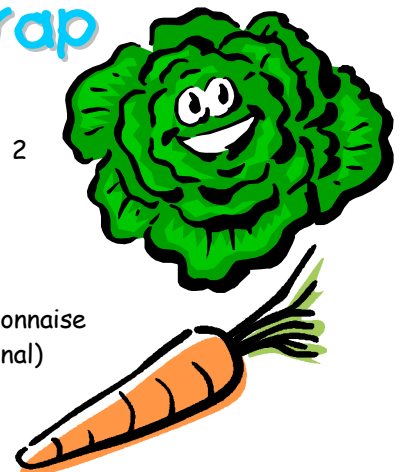
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