



Jasmine

MAGIC CARPET ROLL UPS

Brightly trimmed with carrot and red-pepper tassels, these roll-up sandwiches are shaped like Jasmine's friend the Magic Carpet – and make for a perfect lunch on the fly.



Ask an Adult for Help

INGREDIENTS

- 1 Carrot
- Half of a Red Bell Pepper
- 2 Flatbreads or Large Flour Tortillas
- Cream-Cheese Spread (*Plain or Veggie*)

Tip: *You can make these roll-ups using hummus instead of cream cheese.*



DIRECTIONS

1. Ask an adult to help you prepare the vegetables. Peel the carrot and slice it into 3-inch-long sections. Cut each section into thin strips. Slice the red bell pepper into similarly sized strips.
2. Trim off the curved edges of each flatbread or tortilla to create a rectangular "carpet" shape.
3. Spread cream cheese on the surface of each flatbread, and then roll it up.
4. Add "tassels" to each Magic-Carpet sandwich by inserting several of the carrot and red-pepper strips into the center coil at both ends.

**SCAN HERE FOR
MORE RECIPES!**

