

# Vegetarian Tortilla wraps with California prunes



Easy and tasty recipe.

Great to make beforehand and take on picnics or for lunch at work.

*Recipe contains FODMAPS but might be useful for people with constipation based IBS and no issues with FODMAPS*



## Ingredients

### Serves 4

- 1 ripe avocado
- 3-4 tbsp of hot chilli sauce
- Zest of ½ unwaxed or organic lemon
- Salt
- ¼ head iceberg lettuce (approx. 150g green leaves)
- 1 celery stick
- 4 soft tortilla wraps (58g each)
- 200g low fat cottage cheese
- 200g **Sunsweet** prunes

## Method

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Chop iceberg lettuce into thin slices, wash and shake dry.

Cut avocado in half; remove pit and spoon out the avocado flesh. Mash avocado with a fork.

Add hot chilli sauce and lemon zest and mix well. Season with salt.

Clean and wash celery and cut lengthwise into very thin slices.

Spread first the avocado mixture, then the cottage cheese on the tortilla wraps.

Coat half of the wrap with iceberg lettuce. Place the prunes and celery lengthwise on the wrap.

Roll up the wrap very tightly and cut diagonally in half.

