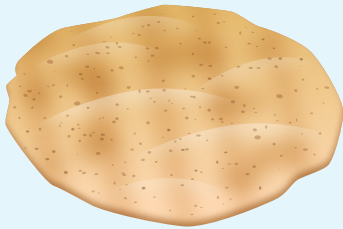


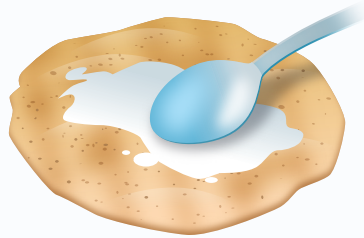
# Crunchy Rainbow Wrap

## 1 Get Started



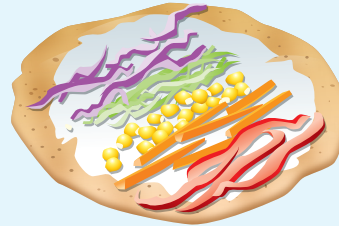
Lay your tortilla flat.

## 2 Paint the Sky



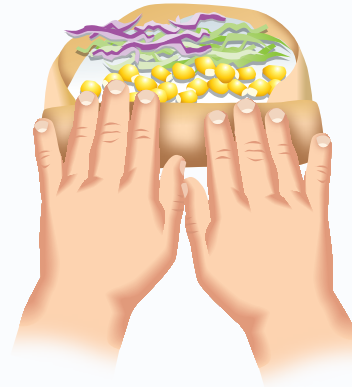
Spread some cream cheese onto the tortilla.

## 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.

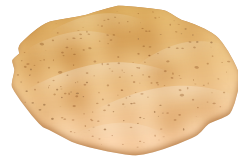
## 5 Taste the Rainbow



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

## Ingredients

Choose Vegetables



whole-wheat tortilla



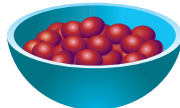
reduced-fat cream cheese

### Red

red-pepper strips



red beans



chopped tomatoes



### Orange

carrot shreds



### Yellow

corn



yellow-pepper strips



### Green

peas



spinach



shredded lettuce

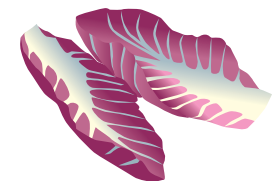


### Blue/Purple

shredded purple cabbage

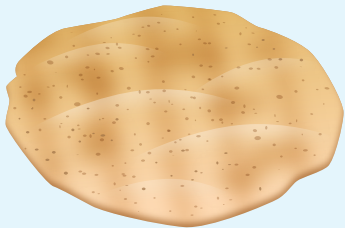


radicchio



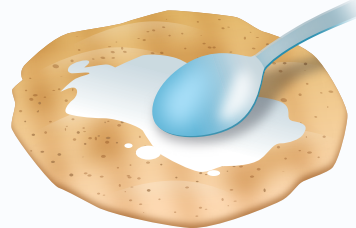
# Envoltura de arcoíris crocante

## 1 Comienza



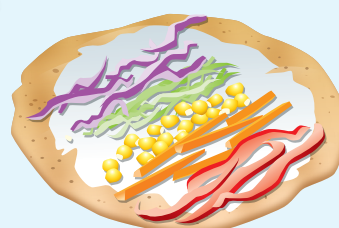
Extiende la tortilla.

## 2 Pinta el cielo



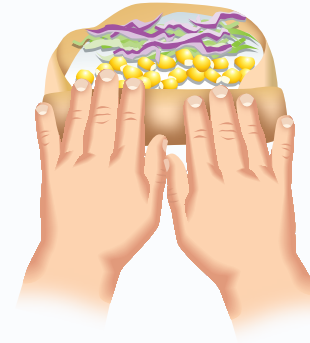
Pon un poco de queso crema sobre la tortilla.

## 3 Ponle color



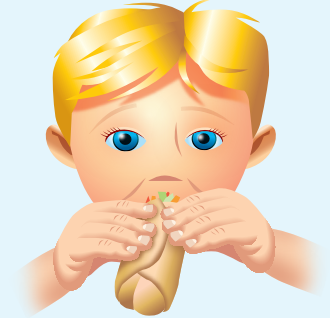
Utiliza vegetales para crear un arcoíris en tu tortilla. Deja algo de espacio alrededor de los bordes.

## 4 Enróllalo

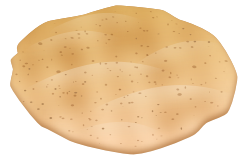


Dobla los lados de la tortilla. Comienza en un extremo y enrolla tu tortilla hasta que quede como un rollo.

## 5 Saborea el arcoíris



Deja que un adulto corte tu envoltura por la mitad. Disfruta de tu merienda colorida.



tortilla integral



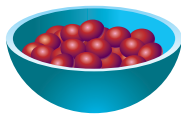
queso crema reducido en grasa

### Rojos

tiras de pimiento rojo



frijoles rojos



tomates picados



## Ingredientes

Elige 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

