

ZUCCHINI WRAPS or PIZZA BASES



Make the wrap or the base an added nutritional bonus, rather than just a carrier for fillings and toppings.

A great lunchbox idea for young or old alike!

1 Zucchini (or 2 small) grated

1 Large FR egg

30-50gm Tasty cheese (optional if want dairy free, but I think it adds elasticity to the wrap)

Mix all together and Season with S & P.

Spread/pat down thinly onto a lined baking tray and bake (180) for about 15mins or until golden.

**Variations:*

Parmesan or Mozzarella instead of Tasty
Fresh or dried herbs and/or spices.

***If using as a pizza base cook for a slightly less time, add your toppings and re bake until the toppings are cooked.*

***If using as a wrap, once it's cooled (shift the paper and cooked wrap on to a wire rack), cut in to desired shapes, and fill with whatever fabulous ingredients you have in the fridge or garden.*



Wrap and enjoy! These make great lunchbox additions and keep in the fridge for use in the next days lunch too.

Bonus – they don't crack when rolled either and don't come with all the additives to prevent them doing so.

