



Healthworks
the community health charity

Let's Cook: Pinwheel sandwiches

What you need:

- 1 Wrap
- Suggestions for Fillings:
 - Cheese & tomato
 - Tuna & sweetcorn
 - Tuna & cucumber

How to prepare:

1. Take 1 wrap
2. Make sandwich filling.
3. Onto the wrap, spread the sandwich filling of your choice.
4. Take one side of the wrap and start to roll, making a sausage shape.
5. Cut your sausage shape into rings and turn onto their sides.

Top tips:

Have the best summer ever!

From the Community Skills Team
www.healthworksnewcastle.org.uk