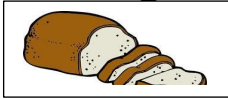
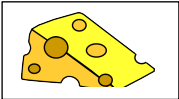



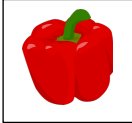



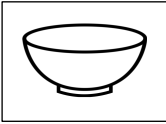
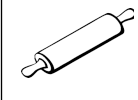
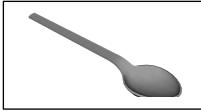
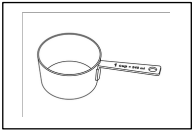





# Round up Roll Ups

Makes: 10 roll ups

<b>Ingredients:</b>	
10 slices of whole grain bread	
1/3 of a 300g brick of firm cheese	
1/4 cup plain yogurt	
40 fresh baby spinach leaves	
1 celery stalk	
1/4 a bell pepper	
3 – 175g cans of chunk light tuna in water	
Pinch of salt and pepper	

<b>Supplies:</b>	
Knife	
Medium bowl	
Rolling pin or glass	
Spoon	
Measuring cup	
Plate	

## Steps:

1. Use your rolling pin or glass with the cutting board to flatten your slices of bread. Put the flattened bread on your plate.
2. Cut the bell pepper and cheese into thin strips and set aside.
3. Use your cutting board and knife to cut your celery into small pieces. Put the cut celery in the medium bowl.
4. Open the can of tuna and strain off the water.
5. Add the strained tuna and  $\frac{1}{4}$  cup of plain yogurt to the celery and dill. Add a pinch of salt and pepper to the bowl and mix.
6. Place 4 spinach leaves down the middle of the bread. Add the tuna mixture over the spinach leaves. Place the paper strips and cheese over the tuna and roll up the bread. Using your knife cut your sandwich into two pieces.