



Freaky Frankenstein Wrap

This Freaky Frankenstein Wrap is a spook-tacular recipe! Children will love creating these green wraps and getting their hands stuck into making the dough.

Ingredients

For the tortillas (if you're not using shop-brought ones):

- 100g fresh spinach
- 25g vegetable oil
- 180g plain flour
- 1/2tsp baking powder

For Frankenstein's face:

- 1/3 of a cucumber
- 1/2 carrot
- 4 black olives
- 1 red and/or yellow pepper
- 4 breadsticks

Your filling of choice (e.g. black beans and cheese, tuna and sweetcorn, sliced chicken and avocado).

Recipe Method

To make the tortillas

- Rinse the spinach and add it to a pan on medium heat and wilt for roughly two minutes
- Add the spinach to a blender, along with the oil and blend until smooth
- Pace the flour into a large mixing bowl and add the spinach mixture, along with roughly 30ml of water
- Use a spoon/ whisk/ your hands to combine and knead until a soft dough forms- roughly 5 minutes or so
- Shape into a ball, cover and leave for 15-20 minutes
- Divide the dough into 4 equal balls and sprinkle a little flour onto your work surface
- Use a rolling pin to role each dough portion into roughly 8/10 inch discs
- Heat a non- stick frying pan over a medium heat. Once hot, add your tortilla and cook for 1-2 minutes each side (keep a close eye on them to make sure they don't burn!).



To make Frankenstein's face:

- Chop the cucumber, carrot and pepper shapes that will make Frankenstein's face (make the size and shape suitable for children to reduce their risk of choking)
- Cut the olives in half lengthways and then slice into small pieces
- Break the breadsticks in half or thirds
- Fill your tortilla wrap with your chosen filling
- Now use the vegetables & breadsticks to create Frankenstein's face!