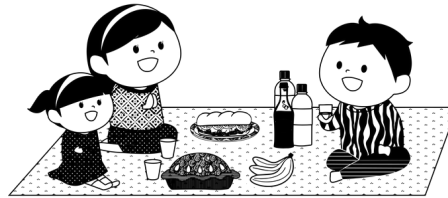


# Kids in the Kitchen!



Let your little ones become a chef in the kitchen with you. Learning to help out with meal preparation helps set healthy eating habits for life. Here's a nice wrap to make on a summer day.



Perfect for a picnic in your backyard or your local park!

1.



One small scoop (approx. 3/4 cup) of shredded chicken.

2.



Cut toppings that you wish to add to your chicken. Add a spoonful of each one to your bowl. (celery, apple and dried cranberries)

3.



In a separate bowl, add 1/4 cup of plain yogurt, 1 tbsp. of mayonnaise, and a few drops of lemon juice. Then add to chicken and toppings.

4.



Mix all the ingredients together.

5.



Place your chicken salad in the middle of tortilla bread and then roll to build your wrap.

6.



Cut in half.

Enjoy!