

# Wrap Sandwich 101

Most kids like simple. What may sound boring to an adult may be just right to your kids. Peanut butter and honey? Perfect. Cheese and avocado? Super yum. Hummus and cucumbers? Give it a go and see who bites.

Kids are commonly turned off by messy food, so avoid over-filling wraps, which leads to a leaky lunch. When you're folding the wrap, follow these four steps:

1. Lay out the fillings in the middle of the wrap.
2. Fold in the left and right sides to hold the filling in while you roll.
3. Start to roll by folding the wrap side closest to you in one broad stroke over the fillings AND the folded sides.
4. Use your ring fingers to pinch the sides in one more time before you finish rolling. This REALLY keeps the fillings intact, so your wrap is ready for the bouncing and jouncing of a kid lunchbox.

## Ranch Dressing

### Ingredients

- 1/2 cup Greek yogurt, plain
- 1 teaspoon vinegar, cider
- 1/4 tablespoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon dill weed, dried

### Instructions

In a medium bowl, whisk together the yogurt, vinegar, salt, garlic powder, onion powder, and dill. Taste, adding additional salt or vinegar to taste.

Source and for dozens of filling and condiment suggestions:

<https://www.superhealthykids.com/recipes/top-10-kid-friendly-wraps/>