



# Biltong, Avo & Feta Wrap

## You need:

- 1x Brown Wheat & Flaxseed Flour Wrap (from Woolworths or similar)
- 30g full cream yoghurt
- 1 tsp Dijon mustard dressing
- 50g baby spinach
- 50g Rosa tomatoes
- ½x avocado
- ½ wheel/ 30g feta cheese (cubed)
- 50g Biltong (optional)
- spices

## Calories/s:

384 /487 incl. biltong

## Prep time:

10 min

## Servings (s)

## Method:

- Simply mix the yoghurt and Dijon mustard sauce with spices. Spread it on to the wrap.
- Add all the ingredients.
- Wrap it up.

## Nutrition Facts

Serving Size	per meal
	Per serve
<b>Energy</b>	<b>1607 kj</b>
	384 kcal
<b>Protein</b>	<b>16.56g</b>
<b>Carbohydrates</b>	<b>12.90g</b>
Sugar	3.82g
<b>Fat</b>	<b>27.52g</b>
Saturated Fat	11.559g
Trans Fat	0.000g
Polyunsaturated Fat	0.035g
Monounsaturated Fat	0.129g
Cholesterol	4mg
Fiber	11.9g
Sodium	747mg
Potassium	9mg