

# EarlyON Child and Family Centre

## Veggie Pinwheels

### Ingredients:

- spinach tortillas
- regular cream cheese
- (Philadelphia Cream Cheese Spreadable Light) or vegan cream cheese (Daiya Brand)
- ¼ cup chopped red pepper
- ¼ cup shredded carrot
- ¼ cup chopped spinach
- 1 tablespoon chopped chives
- 1 tablespoon chopped dill
- salt and pepper



### Instructions:

1. Making the filling. Combine cream cheese, chopped red pepper, carrot, spinach, chives, dill, salt and pepper into a bowl. Mix well!
2. Spread the filling onto the tortilla. Roll tightly, slice into small bite size and enjoy!

### Tips:

- You can use store bought orange juice or fresh oranges, just cut oranges and squeeze for juice.
- Small disposable cups and popsicle sticks can be an alternative for popsicle molds. Just insert popsicle sticks after mixture has been in the freezer for an hour.
- Don't have molds or popsicle sticks to make popsicles, no worries the mixture is just as good to drink as a smoothie!

**Disclaimer:** Adult Supervision is required.

### Recipe and Image from

[https://createmindfully.com/vegan-veggie-pinwheels/?utm\\_medium=social&utm\\_source=pinterest&utm\\_campaign=tailwind\\_tribes&utm\\_content=tribes&utm\\_term=609149800\\_23211702\\_312821#wprm-recipe-container-26248](https://createmindfully.com/vegan-veggie-pinwheels/?utm_medium=social&utm_source=pinterest&utm_campaign=tailwind_tribes&utm_content=tribes&utm_term=609149800_23211702_312821#wprm-recipe-container-26248)