



Tangy and delicious, our sandwich spread is made with canola-based mayonnaise.

Here's why this is an ingredient for better living:



Delicious Sweet Chilli **TUNA WRAP**

Ingredients:

- + 1 tin tuna, drained
- + ¼ finely diced red onion
- + Grated carrot
- + 2 teaspoons sweet chilli sauce or chutney
- + 2 teaspoons B-well Sandwich Spread
- + Frilly lettuce leaves

Instructions:

1. Combine the drained tuna, finely diced red onion, and grated carrot in a bowl.
2. Mix the sauce with sandwich spread.
3. Thinly spread the mixture over the wrap, leaving a 2cm border around the edge.
4. Place a few frilly lettuce leaves onto the wrap.
5. Top the wrap with the prepared tuna mixture.
6. Roll the wrap and secure it.

Here's a fantastic recipe that's not only delicious but also **promotes brain health**. This wrap is packed with omega-3s making it an optimum choice to **support your little one's brain development**.

