

TIPS - if there are a lot of fillings, use two wraps.  
To ensure the wrap sticks together, place a plate on top to push it onto the pan.

# Triangle Wrap

My very own twist on the Quesadilla

This is an excellent way to encourage food introduction - everyone can choose their own filling. My daughter enjoys bacon and cheese, my son just cheese while I enjoy some bbq chicken!

## Ingredients

- 1 Tortilla wrap
- Anything you want
- Cheese!

## Directions

1. Heat a frying pan on a medium heat and add the wrap
2. Add your ingredients to one half and top with cheese
3. Fold in half and turn over - cook until slightly brown and crispy
4. Cut into triangles and serve

