

# Fakeaway Wrap Recipes



20 Healthy Fakeaway Recipes  
Replicating Your Favourite Pizza,  
Garlic Bread, Tortilla Chips and More!



# Table of Contents

Wrapizza Margherita	3
Spicy Tortilla Chips	4
Garlic Wrap Bread	5
Wrap Cinnamon Rolls	6
Wrap Quesadilla	7
Apple Pie Wrap	8
BBQ Chicken Wrapizza	9
Wrap Nachos Supreme	10
Cheesy Garlic Wrap Bread	11
Nutty Banana Wrap Roll	12
Hummus & Olive Wrapizza	13
Crispy Wrap Sticks	14
Pesto & Cheese Wrapizza	15
Sweet Wrap Chips	16
Melted Cheese & Ham Quesadilla	17
Chocolate & Berry Wrap Rolls	18
Peanut Butter & Jelly Wrapizza	19
Savoury Herb Wrap Chips	20
Tropical Wrapizza	21
Wrap French Toast	22



# Wrapizza Margherita



1 Servings . 5 mins prep time . 10 mins cooking time

**311**  
kcal

**25g**  
Protein

**11g**  
Carbs

**17g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 3 tbsp tomato sauce
- 3 slices fresh mozzarella
- Handful of fresh basil leaves
- 1 tsp olive oil
- 1 clove garlic (from pre-made garlic spread or paste)
- Salt, to taste

## Directions

1. Set the oven's temperature to 200°C.
2. Delicately spread the tomato sauce over the wrap's surface.
3. Strategically position mozzarella slices atop.
4. Gently drizzle olive oil and evenly distribute garlic.
5. Season with a touch of salt.
6. Bake until the cheese lovingly melts and edges crisp, roughly 10 minutes.
7. Gracefully garnish with basil leaves before serving.



# Spicy Tortilla Chips



2 Servings . 5 mins prep time . 10 mins cooking time

124  
kcal

7g  
Protein

4g  
Carbs

8g  
Fat

4g  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 1 tbsp olive oil
- Pinch of chili flakes
- Salt, to taste
- 1 tsp smoked paprika
- 2 tbsp salsa (for serving)

## Directions

1. Begin by setting the oven to a welcoming 180°C.
2. Craftily slice the wrap into triangle shapes.
3. Bestow a drizzle of olive oil, and sprinkle with chili flakes, salt, and smoked paprika.
4. Bake until each chip achieves a golden crispness, about 10 minutes.
5. Serve alongside a dish of inviting salsa.



# Garlic Wrap Bread



1 Servings . 5 mins prep time . 8 mins cooking time

**363**  
kcal

**14g**  
Protein

**8g**  
Carbs

**29g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 2 tbsp garlic butter spread
- 1 tbsp parsley, finely chopped (from pre-packed herbs)
- Pinch of salt
- 1 tsp olive oil

## Directions

1. Preheat the oven to 200°C.
2. Generously slather the wrap with the garlic butter spread.
3. For seasoning, add a drizzle of oil and a pinch of salt.
4. Shower with finely chopped parsley.
5. Bake until the wrap attains a golden hue, and the edges are slightly crispy, around 8 minutes.
6. Nutrition Facts (per serving):



# Wrap Cinnamon Rolls



2 Servings . 8 mins prep time . 12 mins cooking time

396  
kcal

14g  
Protein

23g  
Carbs

26g  
Fat

7g  
Fibre

## Ingredients

- 2 Higher horizons wraps
- 2 tbsp butter, softened
- 1 tbsp cinnamon
- 2 tbsp brown sugar
- 1 tsp vanilla extract
- Pinch of salt

## Directions

1. Preheat the oven to 180°C.
2. Blend butter, cinnamon, brown sugar, vanilla, and salt until smooth.
3. Lavishly spread the mix over the wrap.
4. Carefully roll each wrap and slice it into 2-inch pieces.
5. Place the pieces cut-side up on a baking tray.
6. Bake until they're warm and slightly firm, roughly 12 minutes.



# Wrap Quesadilla



2 Servings . 5 mins prep time . 8 mins cooking time

315  
kcal

22g  
Protein

15g  
Carbs

17g  
Fat

7g  
Fibre

## Ingredients

- 2 Higher Horizons wraps
- 4 slices cheddar shredded cheese
- 2 tbsp pre-made salsa
- 1 tbsp sour crème and chive
- Pinch of salt
- 1 tsp olive oil

## Directions

1. In a skillet over medium heat, warm the olive oil.
2. Lay one wrap flat in the skillet. Evenly distribute 2 slices of cheddar shredded cheese over the wrap.
3. Carefully spoon 1 tablespoon of the salsa over the shredded cheese, spreading it out.
4. Season with a pinch of salt. Place the second wrap on top.
5. Let it cook for about 4 minutes or until the bottom wrap is golden brown.
6. Carefully flip the quesadilla to brown the other side. Ensure the shredded cheese has melted, allowing another 3-4 minutes of cooking time.
7. Once golden brown on both sides and shredded cheese is melted inside, transfer to a cutting board.
8. Slice into quarters using a sharp knife or pizza cutter.
9. Plate and serve with a dollop of sour crème and chive on top or on the side.



# Apple Pie Wrap



1 Servings . 5 mins prep time . 15 mins cooking time

**340**  
kcal

**15g**  
Protein

**23g**  
Carbs

**18g**  
Fat

**13g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 2 apples, peeled and thinly sliced
- 2 tbsp brown sugar
- 1 tsp cinnamon
- Pinch of salt
- 1 tbsp unsalted butter
- Additional 1 tbsp melted unsalted butter for brushing

## Directions

1. Preheat the oven to 190°C.
2. In a pan, melt 1 tbsp of butter and add the sliced apples, brown sugar, cinnamon, and a pinch of salt. Cook over medium heat for about 5-7 minutes, until the apples are soft.
3. Place the cooked apple mixture in the center of the wrap.
4. Fold the wrap into a semi-circular shape, sealing the edges.
5. Brush the top with melted butter.
6. Bake until the wrap is golden brown and slightly crispy, around 15 minutes.



# BBQ Chicken Wrapizza



1 Servings . 5 mins prep time . 10 mins cooking time

**335**  
kcal

**34g**  
Protein

**8g**  
Carbs

**17g**  
Fat

**7g**  
Fibre

## Ingredients

- 1 Higher Horizons wrap
- 3 tbsp BBQ sauce
- 50g pre-cooked chicken slices
- 2 slices cheddar cheese
- 1 tbsp red onion, thinly sliced
- 1 tsp olive oil
- Fresh parsley for garnish

## Directions

1. Preheat the oven to 200°C.
2. Slather the wrap with BBQ sauce.
3. Layer chicken slices and red onion over the sauce.
4. Top with cheddar slices.
5. Drizzle olive oil over the toppings.
6. Prepare for 10 minutes, or until the cheese gets melted and the edges are golden brown.
7. Garnish with fresh parsley.



# Wrap Nachos Supreme



3 Servings . 10 mins prep time . 15 mins cooking time

365  
kcal

28g  
Protein

12g  
Carbs

21g  
Fat

8g  
Fibre

## Ingredients

- 3 Higher Horizons wrap
- 100g salsa
- 6 slices cheddar cheese
- 100g pre-cooked chicken slices
- 3 tbsp guacamole
- 2 tbsp sour cream
- Fresh coriander for garnish

## Directions

1. Preheat the oven to 200°C.
2. Cut each wrap into triangle sections, resembling tortilla chips.
3. Arrange the wrap triangles on a baking tray in a single layer.
4. Spread salsa over the wrap triangles.
5. Evenly distribute chicken slices and place cheddar slices on top.
6. Bake until the cheese is melted and the wrap edges are crispy, around 10-15 minutes.
7. Add guac and sour cream, and top with coriander.



# Cheesy Garlic Wrap Bread



2 Servings . 5 mins prep time . 10 mins cooking time

**375**  
kcal

**26g**  
Protein

**8g**  
Carbs

**25g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp unsalted butter, melted
- 2 garlic cloves, minced
- 4 slices cheddar cheese
- Pinch of salt
- Fresh parsley, chopped

## Directions

1. Preheat the oven to 190°C.
2. Mix the melted butter and minced garlic in a bowl.
3. Brush each wrap generously with the garlic butter mixture.
4. Lay cheddar slices on one half of each wrap.
5. Fold the other half over the cheese.
6. Prepare until golden and crispy, about 10 minutes.
7. Sprinkle with salt and fresh parsley before serving.



# Nutty Banana Wrap Roll



2 Servings . 5 mins prep time . 0 mins cooking time

352  
kcal

22g  
Protein

26g  
Carbs

16g  
Fat

8g  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp peanut butter
- 2 ripe bananas, sliced
- 1 tsp honey
- Pinch of cinnamon
- 2 tbsp chopped nuts (optional)

## Directions

1. Spread each wrap with peanut butter.
2. Arrange banana slices over half the wrap.
3. You can add a drizzle of honey and sprinkle some cinnamon and nuts over it if needed.
4. Roll the wrap tightly, beginning with the banana-covered side.
5. Slice in half and serve.



# Hummus & Olive Wrapizza



2 Servings . 5 mins prep time . 10 mins cooking time

321  
kcal

29g  
Protein

9g  
Carbs

17g  
Fat

8g  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp hummus
- 10 sliced olives (mix of green and black)
- 50g feta cheese, crumbled
- 1 tbsp olive oil
- 1 tsp za'atar or mixed dried herbs
- Fresh parsley, chopped for garnish

## Directions

1. Preheat the oven to 190°C.
2. Spread each wrap evenly with hummus.
3. Sprinkle the sliced olives and crumbled feta cheese over the wraps.
4. Add a touch of oil and sprinkle with za'atar or your favorite herbs.
5. Bake for about 10 minutes or until the edges are crisp.
6. Garnish with chopped parsley before serving.



# Crispy Wrap Sticks



3 Servings . 5 mins prep time . 10 mins cooking time

223  
kcal

15g  
Protein

8g  
Carbs

13g  
Fat

7g  
Fibre

## Ingredients

- 3 Higher Horizons wrap
- 3 tbsp olive oil
- 1 tsp mixed herbs (oregano, basil, thyme)
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp black pepper

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into 1-inch-wide sticks.
3. Mix olive oil with herbs, garlic powder, onion powder, and black pepper in a bowl.
4. Brush each stick generously with the herb oil mixture.
5. Arrange sticks on a baking sheet without overlapping.
6. Bake for 10 minutes or until crisp. Serve with your favorite dipping sauce.



# Pesto & Cheese Wrapizza



2 Servings . 5 mins prep time . 10 mins cooking time

**342**  
kcal

**28g**  
Protein

**9g**  
Carbs

**20g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp pesto sauce
- 6 slices mozzarella cheese
- 10 cherry tomatoes, halved
- 1 tbsp olive oil
- Fresh basil leaves for garnish

## Directions

1. Preheat the oven to 190°C.
2. Spread each wrap with pesto sauce.
3. Lay mozzarella slices and cherry tomatoes over the wraps.
4. Drizzle with a touch of olive oil.
5. Prepare for 10 minutes until cheese melts and wrap edges are crisp.
6. Garnish with fresh basil leaves before serving.



# Sweet Wrap Chips



3 Servings . 5 mins prep time . 10 mins cooking time

**214**  
kcal

**15g**  
Protein

**8g**  
Carbs

**12g**  
Fat

**7g**  
Fibre

## Ingredients

- 3 Higher Horizons wrap
- 3 tbsp melted butter
- 2 tbsp sugar
- 1 tsp ground cinnamon

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into strips shapes.
3. Mix sugar and cinnamon in a bowl.
4. To prepare, brush melted butter onto each strip and sprinkle with the sugar-cinnamon mixture.
5. Arrange strips on a baking sheet without overlapping.
6. Bake for 10 minutes or until crisp. Let cool for a few minutes before serving.



# Melted Cheese & Ham Quesadilla



2 Servings . 5 mins prep time . 5 mins cooking time

**309**  
kcal

**32g**  
Protein

**8g**  
Carbs

**15g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 slices of ham
- 4 slices of cheddar cheese
- 1 tbsp butter
- 2 tbsp sour crème and chive for serving (optional)

## Directions

1. Lay out one wrap. Lay 2 slices of ham and 2 slices of cheddar cheese on one half of the wrap.
2. Fold the wrap over to create a half-moon shape.
3. Repeat with the second wrap.
4. On moderate heat, melt some butter in a non-stick pan.
5. Place the Quesadilla in the skillet until it gets golden brown on both sides, and the cheese gets melted.
6. Remove from the pan, cut into wedges, and serve with sour crème and chive if desired.



# Chocolate & Berry Wrap Rolls



2 Servings . 10 mins prep time . 0 mins cooking time

**328**  
kcal

**16g**  
Protein

**31g**  
Carbs

**14g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp Nutella or equivalent
- 8 strawberries, thinly sliced
- 12 blueberries
- A sprinkle of powdered sugar (optional)

## Directions

1. Lay out the wraps.
2. Spread 2 tablespoons of Nutella on each wrap.
3. Lay out strawberry slices and blueberries over the Nutella.
4. Roll up the wraps tightly and slice them into rounds.
5. Optionally, sprinkle with a bit of powdered sugar before serving.



# Peanut Butter & Jelly Wrapizza



2 Servings . 5 mins prep time . 10 mins cooking time

441  
kcal

25g  
Protein

37g  
Carbs

19g  
Fat

11g  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp peanut butter
- 4 tbsp jelly (your preference on flavor)
- 1 banana, sliced
- 1 tbsp chia seeds

## Directions

1. Preheat the oven to 190°C.
2. Lay out the wraps on a baking sheet.
3. Place 2 tablespoons of peanut butter on each wrap, followed by 2 tablespoons of jelly.
4. Place the banana slices on the surface and sprinkle some chia seeds.
5. Bake in the oven for 10 minutes or until the wrap edges become crispy.
6. Take the dish out of the oven and let it cool down. After that, cut it into slices and serve.



# Savoury Herb Wrap Chips



3 Servings . 5 mins prep time . 10 mins cooking time

240  
kcal

17g  
Protein

8g  
Carbs

14g  
Fat

7g  
Fibre

## Ingredients

- 3 Higher Horizons wrap
- 3 tbsp olive oil
- 1 tsp mixed dried herbs (e.g., rosemary, thyme, oregano)
- Salt to taste

## Directions

1. Preheat the oven to 190°C.
2. Cut each wrap into triangle shapes.
3. In a bowl, mix olive oil, mixed herbs, and salt.
4. Brush each triangle with the herb oil mix.
5. Lay triangles on a baking sheet without overlapping.
6. Bake in the oven for 10 minutes or until the chips are crisp.
7. Let cool before serving with a side dip of your choice.



# Tropical Wrapizza



2 Servings . 5 mins prep time . 10 mins cooking time

**342**  
kcal

**24g**  
Protein

**22g**  
Carbs

**16g**  
Fat

**7g**  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 4 tbsp tomato sauce
- 4 slices of ham, torn into pieces
- 8 pineapple chunks, diced
- 4 slices of cheddar cheese
- 1 tsp dried oregano

## Directions

1. Preheat the oven to 190°C.
2. Lay out wraps on a baking sheet.
3. Spread 2 tablespoons of tomato sauce on each wrap.
4. Distribute ham pieces and pineapple chunks evenly over the sauce.
5. Add 2 slices of cheddar cheese for each wrap and sprinkle some dried oregano over it.
6. Prepare in the oven for about 10 minutes or until cheese is melted and the wrap is crispy at the edges.
7. Remove, slice, and serve immediately.



# Wrap French Toast



2 Servings . 10 mins prep time . 5 mins cooking time

307  
kcal

18g  
Protein

26g  
Carbs

13g  
Fat

7g  
Fibre

## Ingredients

- 2 Higher Horizons wrap
- 1 egg
- 50ml milk
- 1 tsp vanilla extract
- 1/2 tsp ground cinnamon
- 2 tbsp maple syrup or honey for serving
- 1 tbsp butter for frying

## Directions

1. Whisk together egg, milk, vanilla extract, and ground cinnamon in a wide bowl.
2. Soak each wrap in the egg mixture, ensuring both sides are well-coated.
3. Begin by heating butter in a non-stick skillet over medium heat.
4. Place the soaked wraps in the skillet and fry until golden brown on both sides.
5. Remove from the pan, plate, and drizzle with maple syrup or honey before serving.

