

# EASY WRAPS TO MAKE IN AS LITTLE AS 5 MINUTES



The table of

# CONTENTS

Mediterranean Caesar Wrap

Avocado Fiesta Wrap

Flavorful Peppered Beef Wrap

Zorba's Wrap

Spicy Tuna Roll

BBQ Bliss Wrap

Buffalo Rancher's Delight

Salmon Spinach Wrap

Lemon Herb Shrimp Wrap

Hearty Beef and Bean Burrito



The table of

# CONTENTS

Tomato Chicken Breakfast Wrap

Salmon and Chickpea Wrap

Sunrise Burrito

Coastal Shrimp and Feta Quesadilla

Peppered Beef Quesadilla

Gourmet Mushroom Wrap

Enchilada-Style Cannelloni Rolls

Protein-Burst Burrito Pockets

Beef & Lettuce Burrito Casserole

NutriTriangles



# Mediterranean Caesar Wrap



1 servings • 15 mins cooking time • 5 ingredients

**304**  
kcal

**44.9g**  
Protein

**6.8g**  
Carbs

**8.8g**  
Fat

**1.1g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 100g grilled chicken breast
- 3 tablespoons grated Parmesan cheese
- 1 tablespoon Caesar dressing
- 5 romaine lettuce leaves

## Directions

1. Lay the Higher Horizons wrap flat on a clean surface.
2. Place the grilled chicken breast in the center of the wrap.
3. Sprinkle Parmesan cheese evenly over the chicken.
4. Drizzle Caesar dressing on top.
5. Add romaine lettuce.
6. Roll the wrap tightly, tucking in the sides as you go.
7. Slice in half and enjoy.



# Avocado Fiesta Wrap



1 servings • 10 mins cooking time • 6 ingredients

**473**  
kcal

**46.2g**  
Protein

**9.1g**  
Carbs

**25.8g**  
Fat

**3.2g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 150g sliced turkey breast
- 2 1/2 tablespoons crumbled feta cheese
- 1/3 sliced avocado
- 1/3 small sliced tomato
- 4 lettuce leaves

## Directions

1. Lay a tortilla wrap flat on a clean surface or plate.
2. Arrange the lettuce leaves evenly across the tortilla.
3. Place the sliced turkey breast on top of the lettuce.
4. Add the sliced avocado on one side of the tortilla, spreading it out evenly.
5. Sprinkle the crumbled feta cheese over the avocado.
6. Layer the sliced tomatoes on top of the feta cheese.
7. Carefully roll up the tortilla, starting from one side and tucking the ingredients tightly. Continue rolling until you reach the other end of the tortilla.
8. Secure the wrap with a toothpick or cut it in half for easier handling.



# Flavorful Peppered Beef Wrap



1 servings • 15 mins cooking time • 7 ingredients

**436**  
kcal

**47.1g**  
Protein

**11.5g**  
Carbs

**19.5g**  
Fat

**5.1g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 85g grilled beef slices
- 1/2 bell pepper, sliced
- 4 tablespoons shredded cheese
- 2 tablespoons Greek yogurt
- Salt and pepper to taste
- Garlic powder to taste

## Directions

1. Slice the bell peppers, red onion, and grilled beef into thin strips. Season the beef slices with salt, pepper, and garlic powder.
2. Lay the Higher Horizons wrap flat on a clean surface.
3. Spread a generous amount of Greek yogurt over the tortilla,
4. Layer the grilled beef slices evenly across the tortilla, covering the surface. Next, add the sliced bell pepper to the beef. Sprinkle the shredded cheese .
5. Carefully fold the sides of the tortilla inward and roll it tightly to create a wrap
6. Cut it diagonally into two equal halves with a sharp knife. Enjoy!



# Zorba's Wrap



1 servings • 12 mins cooking time • 6 ingredients

**409**  
kcal

**64.4g**  
Protein

**11.1g**  
Carbs

**8.5g**  
Fat

**4.3g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 150g lean chicken breast (cooked and sliced)
- 4 tablespoons plain Greek yogurt
- 1/3 small tomato, diced
- 1/3 small cucumber, diced
- 4 tablespoons chopped fresh parsley
- Salt to taste

## Directions

1. Mix plain Greek yogurt with chopped fresh parsley in a bowl to create a yogurt sauce.
2. Lay the Higher Horizons wrap on a clean surface and spread the yogurt sauce evenly over the surface of the bread.
3. Place the cooked and sliced chicken breast on top of the yogurt sauce.
4. Sprinkle the diced tomatoes and cucumbers over the chicken. Season with salt.
5. Roll the wrap, making sure to secure the filling inside.
6. Cut the wrap in half or into smaller portions for easier handling. Serve and enjoy!



# Spicy Tuna Roll



1 servings • 10 mins cooking time • 3 ingredients

**526**  
kcal

**54.3g**  
Protein

**9.3g**  
Carbs

**26.7g**  
Fat

**2.6g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 150g canned tuna, drained
- 1 tablespoon mayonnaise
- 1 tablespoon hot sauce (optional)
- 1 stalk celery, diced
- 2 1/2 tablespoons diced red onion
- 5 shredded lettuce leaves

## Directions

1. Lay the Higher Horizons wrap flat on a clean surface.
2. Mix canned tuna, mayonnaise, hot sauce, diced celery, and red onion in a bowl.
3. Spread the tuna mixture evenly on the wrap.
4. Add shredded lettuce on top.
5. Roll the wrap tightly, tucking in the sides as you go.
6. Slice in half and enjoy.



# BBQ Bliss Wrap



1 servings • 15 mins cooking time • 5 ingredients

**578**  
kcal

**52.1g**  
Protein

**17.8g**  
Carbs

**30.9g**  
Fat

**6.9g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 150 g pulled pork, cooked and shredded
- 2 tablespoons sugar free BBQ sauce
- 2 tablespoons coleslaw
- 4 tablespoons greek yogurt

## Directions

1. Lay the Higher Horizons wrap flat on a clean surface.
2. Toss the cooked and shredded pulled pork with BBQ sauce and Greek yogurt.
3. Spread the pulled pork evenly on the wrap.
4. Top with coleslaw.
5. Roll the wrap tightly.
6. Slice in half and enjoy.



# Buffalo Rancher's Delight



1 servings • 12 mins cooking time • 7 ingredients

**384**  
kcal

**58.4g**  
Protein

**8.8g**  
Carbs

**9.5g**  
Fat

**2.1g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 150g grilled chicken breast, diced
- 2 tablespoons buffalo sauce
- 2 tablespoons ranch dressing
- 1/3 stalk celery, diced
- 4 shredded lettuce leaves
- 1 tablespoon grated Parmesan cheese

## Directions

1. Lay the Higher Horizons wrap flat on a clean surface.
2. In a bowl, mix diced grilled chicken breast with buffalo sauce.
3. Spread the chicken mixture evenly on the wrap.
4. Drizzle ranch dressing on top.
5. Add chopped celery; shredded lettuce, and grated Parmesan cheese .
6. Slice the wrap diagonally into halves or smaller portions if desired.
7. Serve immediately and enjoy!



# Salmon Spinach Wrap



**1 servings • 10 mins cooking time • 7 ingredients**

**349**  
kcal

**46.9g**  
Protein

**10.7g**  
Carbs

**10.2g**  
Fat

**2.6g**  
Sugar

## Ingredients

- **1 Higher Horizons wrap**
- 150g smoked salmon
- 2 1/4 tablespoons cottage cheese
- 1/4 small sliced cucumber
- 1/4 small sliced red onion
- 2.4 dl spinach
- 1/2 teaspoon capers (optional)

## Directions

1. Lay the wrap on a clean surface or plate.
2. Spread the cottage cheese evenly over the entire surface of the wrap.
3. Arrange the smoked salmon slices on top of the cheese, covering the wrap in a single layer.
4. Place the sliced cucumber, red onion, spinach, and capers evenly on top of the smoked salmon.
5. Roll the wrap tightly, starting from one end and continuing until the entire wrap is rolled up.
6. Cut the rolled wrap into halves or smaller sections if desired.
7. Serve immediately and enjoy



# Lemon Herb Shrimp Wrap



**2 servings • 10 mins cooking time • 6 ingredients**

**280**  
kcal

**38.5g**  
Protein

**10.4g**  
Carbs

**8g**  
Fat

**1.7g**  
Sugar

## Ingredients

- **2 Higher Horizons wraps**
- 300g shrimp, peeled and deveined
- 2 tablespoons mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh parsley
- Salt and pepper to taste

## Directions

1. Combine the mayonnaise, lemon juice, chopped dill, and chopped parsley in a bowl. Set aside.
2. Season the shrimp with salt and pepper to taste.
3. Heat a non-stick skillet over medium heat. Add the shrimp to the skillet and cook for 2-3 minutes per side until they turn pink and opaque.
4. Remove the shrimp from the skillet and let them cool slightly.
5. Toss the cooked shrimp in the prepared lemon sauce until they are well coated.
6. Lay the wraps on a clean surface or plate. Divide the shrimp mixture into the wraps.
7. Roll the wrap tightly, cut the rolled wrap into halves and serve.



# Hearty Beef and Bean Burrito



2 servings • 15 mins cooking time • 7 ingredients

**461**  
kcal

**42.8g**  
Protein

**13.9g**  
Carbs

**22.6g**  
Fat

**1.9g**  
Sugar

## Ingredients

- 2 Higher Horizons Wraps
- 170 g lean ground beef
- 0.5 dl black beans, canned
- 1.2 dl cheddar cheese, grated
- 0.4 dl salsa
- 2 tablespoons sour cream
- 1 green onion, chopped
- Salt and pepper to taste
- chili powder to taste

## Directions

1. Warm the Higher Horizons wraps.
2. In a skillet, cook the ground beef until browned. Drain any excess fat.
3. Add the black beans, cheddar cheese, salsa, sour cream, green onions, salt, chili powder and pepper to the skillet with the ground beef. Stir well to combine and cook for an additional 2-3 minutes.
4. Place the beef and bean mixture onto the wraps and fold them into a burrito shape.
5. Serve immediately.



# Tomato Chicken Breakfast Wrap



1 servings • 15 mins cooking time • 7 ingredients

**494**  
kcal

**49.9g**  
Protein

**10.9g**  
Carbs

**25g**  
Fat

**4.6g**  
Sugar

## Ingredients

- **1 Higher Horizons Wrap**
- 100g chicken breast,diced
- 1 medium tomato
- 2 tablespoons red onion
- 2 tablespoons Cheddar Cheese
- 1 large Egg
- 1 teaspoon Cooking Oil
- Salt and pepper to taste

## Directions

1. Preheat a skillet over medium heat and add cooking oil.
2. Season the chicken with salt and pepper, then cook it in the skillet until fully cooked. Remove and set aside.
3. In the same skillet, add the diced tomato and red Onion. Sauté until softened.
4. Beat the egg in a bowl and pour it into the skillet with the sautéed vegetables. Scramble until cooked through.
5. Lay the Higher Horizons wrap flat and place the cooked chicken breast, scrambled eggs, and shredded cheddar cheese on top.
6. Roll up the wrap tightly and cut it in half.
7. Enjoy!



# Salmon and Chickpea Wrap



1 servings • 10 mins cooking time • 7 ingredients

291  
kcal

34.3g  
Protein

13.8g  
Carbs

7.6g  
Fat

1.6g  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 100g smoked salmon
- 3 tablespoons chickpeas
- 1/4 small cucumber, sliced
- 4 mixed greens or lettuce leaves
- Salt and pepper to taste
- Optional spices: (1/2 teaspoon paprika, 1/2 teaspoon cumin, 1/4 teaspoon garlic powder)

## Directions

1. Lay the Higher Horizons wrap on a clean surface.
2. Spread the chickpeas evenly across the wrap, leaving a small border around the edges.
3. Place the smoked salmon on top of the chickpeas, distributing it evenly.
4. Arrange the cucumber slices and mixed greens on top of the salmon.
5. Season with salt and pepper to taste and the optional spices.
6. Fold in the sides of the wrap and roll it tightly, starting from one end, until fully wrapped.
7. Slice the wrap in half diagonally.
8. Serve immediately and enjoy!



# Sunrise Burrito



1 servings • 15 mins cooking time • 4 ingredients

**558**  
kcal

**39.4g**  
Protein

**7.9g**  
Carbs

**38.5g**  
Fat

**1g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 80g chorizo
- 1 large egg
- 1 tablespoon chopped fresh coriander
- Salt and pepper to taste

## Directions

1. Heat a non-stick skillet and cook ground chorizo until browned.
2. Scramble eggs with chorizo, season with salt and pepper, and cook until done.
3. Place the Higher Horizons wrap on a clean surface.
4. Spread chorizo and egg mixture on the wrap, leaving a border.
5. Sprinkle shredded cheddar cheese and chopped coriander over the filling.
6. Fold the sides of the wrap tightly.
7. Cook the burrito in the skillet until toasted and cheese is melted.
8. Remove from skillet and let it cool briefly.
9. Cut the burrito in half and enjoy!



# Coastal Shrimp & Feta Quesadilla



1 servings • 12 mins cooking time • 5 ingredients

**394**  
kcal

**51.9g**  
Protein

**12.3g**  
Carbs

**13.3g**  
Fat

**0.6g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 120g Cooked shrimp, peeled and deveined
- 3 tablespoons crumbled Feta cheese
- 1/2 tablespoon chopped fresh dill
- Cooking spray or oil for greasing

## Directions

1. Preheat a non-stick skillet or griddle over medium heat.
2. Lay the Higher Horizons wrap flat on a clean surface.
3. Spread the cooked shrimp evenly over one-half of the wrap.
4. Sprinkle the crumbled feta cheese and chopped dill on top of the shrimp.
5. Fold the wrap in half to cover the filling.
6. Lightly grease the skillet or griddle with cooking spray or oil.
7. Place the quesadilla in the skillet for 2-3 minutes on each side until the cheese is melted and the wrap is crispy.
8. Remove from heat and let it cool for a minute before slicing into wedges.
9. Serve warm, and enjoy!



# Peppered Beef Quesadilla



1 servings • 12 mins cooking time • 6 ingredients

**471**  
kcal

**46.6g**  
Protein

**11g**  
Carbs

**23.4g**  
Fat

**3.8g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 100g Cooked beef steak, thinly sliced
- 1/2 Bell peppers, thinly sliced
- 0.5 dl Pepper jack cheese; shredded
- Cooking spray or oil for greasing
- Salt & pepper to taste
- Spices : ( garlic powder, chili powder)

## Directions

1. combine the thinly sliced beef steak with salt, pepper, and spices.
2. Preheat a non-stick skillet or griddle over medium heat.
3. Lay the Higher Horizons wrap flat on a clean surface.
4. Place the sliced beef evenly on one half of the wrap.
5. Layer the bell pepper slices on top of the meat.
6. Sprinkle the shredded pepper jack cheese over the bell peppers.
7. Fold the wrap in half to enclose the filling.
8. Lightly grease the skillet or griddle with cooking spray or oil.
9. Cook the quesadilla on each side for 2-3 minutes .
10. Remove from heat and let it cool for a minute before cutting into wedges.
11. Serve warm, and enjoy!



# Gourmet Mushroom Wrap



1 servings • 12 mins cooking time • 6 ingredients

437  
kcal

45.3g  
Protein

9g  
Carbs

22.2g  
Fat

2.6g  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 2.4 dl mushrooms, sliced
- 100g chicken breast, cubed
- 0.5 dl grated cheese (such as cheddar or Monterey Jack)
- 2.4 dl spinach
- 2 teaspoons butter
- Salt and pepper to taste

## Directions

1. Heat a skillet or non-stick pan over medium heat.
2. While heating the pan, spread the butter on one side of the Higher Horizons wrap.
3. Place the wrap, buttered side down, in the heated pan.
4. Add the sliced mushrooms, spinach leaves, and raw chicken breast to the pan and sauté for 3-4 minutes.
5. Sprinkle the grated cheese evenly over the mushrooms.
6. Season with salt and pepper to taste.
7. Fold the wrap in half to cover the mushrooms and cheese. Press it down gently with a spatula.
8. Cook for 2-3 minutes on each side.
9. Once cooked, remove the quesadilla from the pan, let it cool for a minute or two and serve .



# Enchilada-Style Cannelloni Rolls



4 servings • 15 mins cooking time • 8 ingredients

**375**  
kcal

**39.8g**  
Protein

**9g**  
Carbs

**17.1g**  
Fat

**2.2g**  
Sugar

## Ingredients

- 4 Higher Horizons wraps
- 300g Chicken breast, cut into cubes
- 4 dl shredded cheese
- 2 cloves of garlic, minced
- 1 dl Tomato sauce
- 1 tsp Cumin powder
- 2 tsp Olive oil
- Salt to taste

## Directions

1. Preheat oven to 180°C (350°F).
2. Sauté garlic in olive oil until translucent.
3. Cook chicken cubes until no longer pink.
4. Add tomato sauce, cumin powder, and salt. Simmer briefly.
5. Warm Higher Horizons wraps.
6. Spoon chicken mixture onto wraps. Sprinkle cheese on top.
7. Roll tightly, folding sides. Repeat for all wraps.
8. Place wraps in baking dish. Sprinkle remaining cheese.
9. Bake for 8-10 minutes until cheese melts.
10. Let cool slightly. Garnish with cilantro if desired.
11. Serve hot and enjoy!



# Protein-Burst Burrito Pockets



1 servings • 15 mins cooking time • 7 ingredients

**564**  
kcal

**51.1g**  
Protein

**8.7g**  
Carbs

**33.4g**  
Fat

**2.8g**  
Sugar

## Ingredients

- 1 Higher Horizons wrap
- 85g ground beef
- 1 large egg
- 0.6 dl Cheddar cheese
- 1.8 dl Microgreens
- 2 1/2 tablespoons olives,sliced
- 1.2 dl mushrooms,sliced
- Salt & pepper to taste

## Directions

1. Preheat a non-stick skillet over medium heat.
2. Beat the egg in a separate bowl.
3. Cook the meat in the preheated skillet until fully cooked and browned . Season with salt, black pepper.
4. In the same skillet, cook sliced mushrooms for 2-3 minutes.
5. Scramble the beaten egg with mushrooms until fully cooked.
6. Place the Higher Horizons wrap on a clean surface .
7. Layer meat ,mushrooms,scrambled eggs and mushroom mixture on the wrap, leaving a small border.
8. Add micro greens and sliced olives on top. Fold the sides of the wrap towards the center, then roll it up tightly.
9. Place the burrito pocket in the skillet, Cooking until crispy.
10. Remove and let cool briefly , serve warm.



# Beef & Lettuce Burrito Casserole

4 servings • 15 mins cooking time • 7 ingredients



**440**  
kcal

**41.9g**  
Protein

**9.3g**  
Carbs

**23.7g**  
Fat

**2.3g**  
Sugar

## Ingredients

- 4 Higher Horizons wraps
- 400g lean ground beef
- 2.4 dl diced tomatoes
- 3 dl shredded cheddar cheese
- 3.2 dl lettuce, shredded
- 1.2 dl sour cream
- Salt & pepper to taste
- Onion powder to taste
- Chili powder to taste

## Directions

1. Preheat oven to 200°C (400°F).
2. Cook lean ground beef in a skillet until browned, seasoning with salt, black pepper, onion powder, chili powder
3. Add diced tomatoes to the skillet and cook for 2 minutes to warm them.
4. Place Higher Horizons wraps in a baking dish.
5. Divide ground beef mixture evenly among the wraps, spreading it down the center.
6. Sprinkle shredded lettuce on top of the beef mixture.
7. Roll up the wraps tightly and place burritos in the baking dish.
8. Spoon sour cream over the burritos, spreading it evenly.
9. Sprinkle half of the shredded cheddar cheese on top.
10. Bake in the oven at 200°C (400°F) for 8-10 minutes.
11. Remove from oven and let cool for a minute or two.



# NutriTriangles



**2 servings • 15 mins cooking time • 6 ingredients**

**384  
kcal**

**37.9g  
Protein**

**9.2g  
Carbs**

**19.3g  
Fat**

**1.5g  
Sugar**

## Ingredients

- **2 Higher Horizons wraps**
- 200 g of ground chicken
- 1.7 dl of mixed vegetables (bell peppers, onions, mushrooms)
- 1.2 dl shredded cheese (cheddar, mozzarella)
- Salt and pepper to taste
- Garlic powder to taste
- Smoked paprika to taste

## Directions

1. Preheat your oven to 200°C (400°F).
2. Spray cooking spray over medium heat in a skillet. Add the mixed vegetables, and sauté for a few minutes until tender.
3. Add the chicken and season with salt and pepper, garlic powder, and paprika as desired. Remove from heat.
4. Spread chicken and vegetable mixture over one wrap.
5. Sprinkle the shredded cheese.
6. Place the second Higher Horizons wrap on top and press gently.
7. Cut into triangles using a sharp knife.
8. Place the tortilla triangles on a baking sheet lined with parchment paper, and bake for about 5-7 minutes.
9. Remove from the oven and let them cool slightly before serving.



# Reach Out

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**Get ready to roll up your sleeves and savor the goodness of Higher Horizons wraps! Let's embark on this flavorful adventure together!**

**Join us on this journey toward better health and incredible taste sensations by reaching out to us at :**

