

## **Deli Meat-Nut Roll Up**

**Maintenance/Treatment to be mixed into your meat roll-up:** nuts, seeds, eggs

**Ingredients:**

- Deli meat of choice (salami is a great option)
- Maintenance or treatment nut / seed / egg
- Optional: add cheese if not dairy allergic

**Instructions:**

1. Lay out your deli meat
2. Add your maintenance/treatment food near the edge of one side of the meat
3. *Optional:* add a slice or piece of cheese of your choice
4. Roll up or fold your deli meat to securely enclose your nut/seed/egg in the center
5. Can stick a toothpick through the center of the meat to secure the roll-up



**Storage:**

- Store in the refrigerator for up to 1 week.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

**This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts, tree nuts, dairy**