**Ingredients:**

**Crust:** wheat **f**lour, water, yogurt, canola oil.

**Beef** **POP:** beef, onion, carrots, canola oil, flax seeds, seasoning.

**Vegie POP:** zucchini, carrot, cabbage, green peas, onion, sesame seeds, sesame oil, canola oil, soy sauce.

**Cheese POP:** cheddar cheese, Paneer cheese, tomato sauce.