



Hummus & Veggie Wrap

2 servings

5 minutes

Ingredients

- 2 Whole Wheat Tortilla (large)
- 1/2 cup Hummus
- 4 leaves Romaine (large, whole)
- 1/2 Avocado (sliced)
- 1/2 Cucumber (sliced)
- 1/2 Red Bell Pepper (sliced)

Directions

- 1 Lay tortillas flat and spread the hummus in the center of each tortilla. Layer the romaine leaves, avocado, cucumber and bell pepper. Roll the tortilla tightly while folding the ends in.
- 2 Serve immediately and enjoy!

Notes

Gluten-Free, Use a brown rice tortilla instead.

Oil-Free, Use an oil-free hummus.

More Flavor, Add fresh herbs, crumbled cheese, mustard or any favorite sandwich topping.

Easy Eating, Wrap the base of the rolled up tortilla with a piece of parchment paper or paper towel to hold the sandwich together.