



Hummus Wraps

Prep Time: 15 min
Makes 2 wraps

INGREDIENTS

- 6 tablespoons hummus
- 2 carrots, grated
- 4-6 lettuce leaves or 15-20 spinach leaves
- ½ bell pepper (any color), thinly sliced
- ¼ cucumber, cut into strips
- 2 whole wheat tortillas

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Wash the lettuce or spinach leaves. Chop or tear into small pieces.
2. Lay tortilla flat on a cutting board. Spread half of the hummus in a thin layer to cover one side of the tortilla.
3. Place half of the carrots, lettuce, pepper and cucumber on top of the hummus.
4. Roll the tortilla tightly and slice in half or into smaller pieces.
5. Repeat with the remaining ingredients.
6. Enjoy!

Hummus is a dip from the Middle East. It is made of pureed chickpeas, also known as garbanzo beans. The word "hummus" is Arabic for "chickpeas". Hummus is usually made with tahini. Tahini is made of ground sesame seeds.