

Hummus Veggie Wrap



SERVES:
1



TOTAL TIME:
5 minutes



ESTIMATED COST:
\$1.20

Ingredients

- 1 whole wheat tortilla,
- 2 tablespoons hummus,
- A handful of shredded carrots,
- 4 or 5 cucumber slices,
- A few spinach leaves,
- Optional: a sprinkle of feta cheese



Instructions

- 1 Spread hummus across the tortilla, leaving about an inch around the edges.
- 2 Layer on the spinach first, then the carrots and cucumber.
- 3 Roll tightly, then wrap in foil or parchment.
- 4 Slice in half before packing.

