

Hummus and Veggie Wrap Recipe

Ingredients:

Large whole grain tortilla
Hummus
Romaine lettuce
Avocado
Sliced carrots
Cucumbers
Tomatoes
Broccoli sprouts

Directions:

1. Warm up tortilla in microwave.
2. Scoop hummus onto tortilla and spread around using a spoon.
3. Tear romaine lettuce and place on top of hummus.
4. Add avocado, sliced carrots, cucumbers, tomatoes, broccoli sprouts.
5. Transfer tortilla onto a cutting board.
6. Fold both edges of the tortilla in, wrap the bottom up once, keep rolling pulling the edges together.
7. Slice in half and enjoy!