

# 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

- 01 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.
- 02 Serve immediately and enjoy!

## NUTRITION

### AMOUNT PER SERVING

Calories	382	Carbs	39g
Fat	23g	Protein	11g