

Veggie Faces

INGREDIENTS:

Whole-grain tortilla or whole-wheat pita or spinach tortilla
1-2 tablespoons of hummus (regular or beet hummus)
Diced and thinly sliced bell peppers of various colors
Halved cherry tomatoes
Sliced cucumbers
Broccoli florets
Carrots (sticks and/or shredded)
Celery sticks
Black olives
Alfalfa sprouts



Serves: 1



*VEGAN



*GLUTEN-FREE

DIRECTIONS:

1. Spread the hummus over the tortilla.
2. Get creative! Add different toppings to make funny faces.
3. Add two vegetables in place of the eyes.
4. Place one vegetable in place of the nose and one for the mouth.
5. Place two vegetables in place of the ears.
6. Roll it up like a burrito or wrap.