Living X Whole

Hummus Zinger Wrap

Ingredients:

- 1 whole wheat flour tortilla
- 2 1/2 tbsp hummus
- 1/4 cup chopped cucumbers
- 1/4 cup chopped tomatoes
- 1 ¹/₂ tsp red onion, chopped
- 3 tbsp Dried Cranberries, chopped

Nutrition Facts Serving Size 1 wrap (215g) Servings Per Container 1					
Amount Per Ser	rving				
Calories 290	0 Calo	ories fron	n Fat 60		
		% Da	aily Value*		
Total Fat 7g	11%				
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol Omg 0%					
Sodium 380mg 16					
Total Carbohydrate 50g 17%					
Dietary Fiber 6g			24%		
Sugars 16g					
Protein 7g					
Vitamin A 40	1% • Y	Vitamin (C 30%		
Calcium 8%	•]	Iron 15%			
*Percent Daily V diet. Your daily v depending on yo	alues may b	e higher or			
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • 0		65g 20g 300mg 2,400mg 300g 25g	80g 25g 300 mg 2,400mg 375g 30g		



Directions:

Onto open tortilla, spread hummus. Top with remaining ingredients and fold burrito style. Cut in half.

Living Whole

Sweet Potato Thins

Ingredients:

canola cooking spray

14 oz sweet potatoes (peeled and very thinly sliced)

1/2 tsp ground Pepper

1/8 tsp sea salt (optional)

1 clove garlic, minced

Nutriti Serving Size 1/2 Servings Per Co	2 cup	(134g)	cts		
Amount Per Serving	9				
Calories 100	Ca	lories fro	m Fat 0		
		% Da	aily Value*		
Total Fat 0g	0%				
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol Omg			0%		
Sodium 170mg			7%		
Total Carbohydrate 24g 8%					
Dietary Fiber	16%				
Sugars 7g					
Protein 2g					
Vitamin A 120% Calcium 2%	·	Vitamin (Iron 4%	C 30%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500					
Saturated Fat Les Cholesterol Les	es than ss than ss than ss than ohydrate	65g 20g 300mg 2,400mg 300g 25g e 4 • Prot	80g 25g 300mg 2,400mg 375g 30g ein 4		



Directions:

Preheat oven to 375 degrees. Spray a cookie sheet with canola spray. Place thinly cut potato slices in a single layer on the cookie sheet and spray with cooking spray. Sprinkle with salt, pepper and minced garlic. Bake, turning once if necessary, until potatoes are cooked through. (The time will vary depending on thickness).