

Rainbow Wrap with Hummus

Ingredients:

- 1 large whole wheat tortilla
- 2 tablespoons hummus
- 1/2 cup shredded purple cabbage
- 1/4 cup shredded carrots
- 1/4 cup sliced bell peppers (red, yellow, green)
- 1/2 cup sliced cucumbers
- 1 tablespoon shredded dairy-free alternative cheese (optional)
- 1 tablespoon lemon juice

Servings: 1

Instructions:

1. Prepare the Vegetables:

- Shred the purple cabbage and carrots.
- Slice the bell peppers and cucumbers.

2. Assemble the Wraps:

- Lay out the whole wheat tortillas on a clean surface.
- Spread hummus evenly over each tortilla, leaving a small border around the edges.

3. Layer the Vegetables

- On each tortilla, layer a handful of shredded purple cabbage, shredded carrots, bell peppers and sliced cucumbers.
- Sprinkle a little lemon juice over the vegetables.
- If using, sprinkle a small amount of shredded dairy-free alternative cheese on top.

4. Roll the Wraps

- Carefully roll up each tortilla, folding in the sides as you go to keep the filling inside.
- Cut each wrap in half diagonally.

5. Serve

- Arrange the wrap halves on a plate and serve immediately.



Nutrition Facts

1 servings per container
Serving size 1 Wrap (253g)

Amount per serving
Calories 210

	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 300mg	13%
Total Carbohydrate 36g	13%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%

Protein 8g	
Vitamin D 0mcg	0%
Calcium 97mg	8%
Iron 2mg	10%
Potassium 326mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.