



Veggie Wraps

Makes 2 servings

Ingredients:

- 2 8-inch flour tortillas
- 6 tablespoons hummus
- ½ cup shredded carrots
- 1 cup fresh baby spinach
- 6 slices tomato
- 2 tablespoons fat-free Ranch or your favorite fat-free dressing

Directions: Remember to Wash Your Hands!

1. Spread hummus over each tortilla.
2. Layer carrots, spinach, tomato and/or other veggies.
3. Drizzle with dressing.
4. Roll up tightly and enjoy!

Nutrition Information for one serving: Calories - 276; fat - 8 grams; carbohydrate - 43 grams; sodium—630 milligrams.

Note: You can purchase ready-made Hummus in many grocery stores or make your own. Add other veggies to your "wrap" such as avocados, sprouts, yellow/red/green peppers, etc.

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