



Hummus and Veggie Wraps

Ingredients

- 4 whole wheat tortillas large or burrito size
- 1 green bell pepper sliced
- 1 tomato sliced
- 2 cups lettuce
- 1 can garbanzo beans canned, rinsed and drained
- 1/2 cup plain yogurt or 1/2 cup tahini
- 1 clove garlic minced
- 1 tsp. lemon juice
- 1 tsp. ground cumin
- salt to taste

Flip for step-by-step instructions



Instructions

1. Puree garbanzo beans, yogurt or tahini, garlic, lemon juice, cumin, and salt in a blender.
2. Refrigerate until ready to use.
3. Spread hummus on tortilla. Layer veggies. Roll up and eat.

Source: Food Smarts Recipe Booklet