

# Hummus Veggie Wrap

Prep Time: 5minutes mins.  
Total Time: 5minutes mins.

*These healthy hummus veggie wraps make a perfect fresh lunch on a summer day!*



## Ingredients

4 large flour tortilla wraps	1 avocado sliced into thin slices
1 cup hummus	1 yellow bell pepper sliced into thin slices
1 large cucumber	1 small carrot julienned
2 small Roma tomatoes sliced	1 cup mixed salad greens
4 teaspoons hot sauce or sriracha, optional	4 tablespoons of balsamic vinaigrette

## Instructions

- Warm up the tortilla wraps in the microwave or in a skillet for 10 seconds.
- On each tortilla wrap, spread about 4 tablespoons of hummus
- Layer the sliced cucumber, tomato, avocado, bell pepper, and carrot.
- Top with mixed salad leaves.
- Drizzle with sriracha hot sauce.
- Fold the sides of the tortilla inward over the fillings. You want to tuck these in, so nothing falls out. Then, fold the bottom of the tortilla up and over the fillings and the folded-in sides. Keep rolling the wrap away from you, making sure to tuck in the sides as you go. Finish by pressing down a bit on the seam, where the tortilla edges meet, so it stays closed. Slice in half and serve with extra sauce on the side if desired.

## Notes

- Season the cucumber and tomato with salt and pepper if desired.
- When serving later, wrap in foil and store in the fridge.
- **If you plan on making these vegan wraps ahead of time**, keep in mind that juicy vegetables such as tomatoes and cucumbers will produce some liquid that will soften the tortillas and might become a bit soggy. So, if you're making these wraps to enjoy later, I would skip the tomatoes and cucumbers and stick to crisp veggies.
- **If you're packing the hummus wraps to go**, wrap them individually in foil tightly. I recommend that you take a small ice pack with you and place it in the bag next to the wraps to keep them nice and fresh.
- **If storing in the fridge**, place in a sealed container, or wrap individually in foil and **store for up to 3 days**.

## Nutrition Information

Serving: 1wrap, Calories: 294kcal, Carbohydrates: 33g, Protein: 9g, Fat: 15g, Saturated Fat: 2g, Sodium: 564mg, Potassium: 655mg, Fiber: 9g, Sugar: 4g, Vitamin A: 3159IU, Vitamin C: 19mg, Calcium: 76mg, Iron: 3mg