

**LUNCH:****Hummus Wrap****INGREDIENTS:**

- Hummus
- 2 tortilla wraps
- 2 handfuls of mixed salad
- Sliced cucumber
- Sliced red or yellow pepper
- Optional: 2 tbsp of Vegan mayonnaise, sweet chilli, or something similar

**METHOD:**

- ① Warm the wraps up in a microwave for 10 seconds, and spread 4 tablespoons of hummus on each one.
- ② Layer the sliced cucumber, tomato, avocado, bell pepper, carrot, and any other sliced up vegetables that you're using.
- ③ Top with mixed salad leaves, and drizzle with your favourite sauce.
- ④ Roll it up tightly in a burrito shape, tucking in the edges. Slice in half and get ready to eat!



20 MINS

SERVES 2

 

  

DIFFICULTY

 VEGAN

