

Hummus and Veggie Wraps

- 1 Swan Garden Organic Hummus with roasted garlic
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- 2-3 carrots, coarsely grated
- 1 seeded cucumber, cut into julienne strips
- 1 small bunch spinach leaves, washed and dried
- 4 Ezekiel tortillas or Sami's Bakery Lavash wraps

Spread each tortilla evenly with hummus, and top with carrot, cucumber, and spinach leaves. Roll up tortillas tightly, leaving ends open. Cut in half diagonally with a serrated knife and wrap with wax paper.

Serves 4. You can substitute with any vegetables of your choice.