

Veggie Wrap

I wing this one, but typically use the following:

Whole grain tortilla

Spread with nothing or a little hummus (roasted red pepper) or guac

Thinly sliced strips of cucumber

Thinly sliced strips of red, yellow, or orange pepper

Shredded carrots

Spinach

Quinoa (1-2 tablespoons)

Sprouts (microgreens)

Roll it up and wrap it with cling wrap. We love these! Also makes for a nice mid-afternoon or on the go snack.

I've also make it with sliced apples, sunflower seeds, quinoa, hummus and craisins for a change up.