

Lunch

RECIPE CARD

Hummus Rainbow Wraps

RECIPE NAME

Lunch

MEAL TIME

15 minutes

PREP TIME

No Cook

TIME TO COOK

Perfect for adding a bit of colour to your daytime meals!

NOTES

Approx 386kcal per portion

CALORIES

INGREDIENTS

- ★ 1 Tortilla Wrap
- ★ 2 tbsp reduced-fat Hummus
- ★ 1 Carrot, *grated*
- ★ 1 cooked Beetroot, *grated*
- ★ large handful of Baby Spinach
- ★ 30g feta, *crumbled (optional)*

METHOD



Spread the hummus across one side of the wrap



Load onto the wrap with the carrot, beetroot, spinach and feta, adding any other ingredients that may take your fancy.



Wrap it up tightly and either save it for lunchtime in foil or cling film, or eat it straightaway.