

VEGGIE RAINBOW WRAPS

These are a great way to eat more veggies and have kids make their own healthy and fun lunch!

Ingredients:

- 1 cup roasted red pepper hummus or your other favorite bean spread flavor
- 8 whole wheat tortillas
- 1 red bell pepper, cut into sticks
- 1 orange bell pepper, cut into sticks
- 2 cups spinach, chopped
- 1 cucumber, chopped
- 1 red onion, chopped

TOTAL TIME: 20 MINUTES

YIELD: 8 SERVINGS

NUTRITION: 220 CALORIES

8G PROTEIN

Directions:

1. Spread 2 Tbsp. of hummus onto each tortilla.
2. Add vegetables onto tortilla in a rainbow-red, orange, yellow, green, purple.
3. Roll up each tortilla.
4. Slice each roll up into about 5 individual pieces.

