

1. Peel, then shred carrot. Measure about ¼ cup of the shredded carrots.
2. Wash 4-6 lettuce or 10-12 spinach leaves. Chop, or tear into small pieces.
3. Thinly slice a quarter of a bell pepper (any color).
4. Cut a quarter of a cucumber into thin strips.
5. Lay tortilla flat on a cutting board. Spread a thin layer of hummus to cover one side of the tortilla.
6. Place carrots, lettuce, pepper and cucumber on one half of the tortilla, on top of hummus.
7. Roll the tortilla tightly and slice in half or into smaller pinwheels. Enjoy!

#### DIRECTIONS

3 Tablespoons **Basil Hummus** (or your favorite kind)  
¼ cup shredded carrots  
¼ cup chopped fresh spinach or lettuce  
¼ bell pepper, thinly sliced  
¼ cucumber, cut into strips  
1 whole wheat tortilla

#### INGREDIENTS

# Hummus Wraps



# Basil Hummus



#### INGREDIENTS

1 can chickpeas (garbanzo beans)  
1 clove garlic  
½ cup basil  
¼ cup water  
2 tablespoons lemon juice  
½ teaspoon salt  
¼ cup olive oil

#### DIRECTIONS

1. Drain and rinse the chickpeas.
2. Add garlic clove and chickpeas to food processor or blender, and pulse to combine.
3. Add basil, water, lemon juice and salt, and puree. Scrap down sides, if needed.
4. While the food processor or blender is running, slowly add the olive oil until the hummus is smooth.
5. Use in **Hummus Wraps**, or enjoy as a dip with carrot and celery sticks!