

Quick Veggie Hummus Wrap

A simple, tasty, and practical vegetarian wrap perfect for a long school day. Uses common pantry and fridge ingredients, easy to prepare and pack.


10 min

Total time

Easy

Difficulty

300

kcal / serving

Ingredients

- 1 large tortilla or flatbread
- 3 tbsp hummus (store-bought or homemade)
- 1 small carrot, grated
- Handful of fresh spinach or any leafy greens
- 1 small cucumber, thinly sliced
- Salt and pepper to taste

Steps

- 1 Lay the tortilla flat on a clean surface.
- 2 Spread the hummus evenly over the tortilla, leaving about 1 inch at the edges.
- 3 Sprinkle grated carrot evenly on top of the hummus.
- 4 Add the fresh spinach leaves and cucumber slices.
- 5 Season with a pinch of salt and pepper.
- 6 Roll the tortilla tightly into a wrap.
- 7 Slice in half if desired, then wrap in foil or place in a lunch container.