



Super salad wraps

Ingredients:

- 1 tortilla
- 2 tbsp hummus
- 1 lettuce leaf
- ¼ carrot, shredded or grated
- 4 cucumber sticks and/or 2 avocado slices
- 1 tbsp fresh tomato salsa or chopped tomatoes
- Handful grated cheddar



Method:

1. Lay the tortilla out flat on a board, spread the hummus on the bottom third and put the lettuce on top. Arrange the carrot, cucumber and/or avocado in a bank on top of the lettuce and spoon the salsa on top. Sprinkle on the cheese.
2. Fold the bottom of the wrap up just over the filling, fold the sides in and then roll the wrap the rest of the way up. Cut in half or into pieces as shown. Either put straight into a lunchbox or if halved, wrap in foil first.