



Veggies In A Blanket



Makes 6 servings. An excellent wrap, even for guests.

Ingredients

6 Whole Wheat flour tortillas
2 cups hummus
4-5 grated carrots
1 sweet red bell pepper to make thin sticks
6 romaine lettuce leaves, a couple of baby spinach leaves, or 1 container of sprouts
Toothpicks

Directions

1. Spread Hummus on the tortillas
2. Sprinkle carrots all over the hummus
3. Put red pepper sticks length-wise and then lettuce, spinach, or sprouts.
4. Roll up each tortilla, secure each with 4 evenly placed toothpicks, and slice into 4 individual rolls per tortilla (one toothpick per roll).

Recipe adapted from *The Survivors Handbook: Eating Right for Cancer Survival*

Per serving: 272 calories, 10g protein, 42g carbohydrates, 6g fiber, 7 fat, 0 cholesterol, 262 mg sodium