

### Veggie Hummus Rolls

- 4 Flour Tortilla Wraps, your choice of flavour
- 1 c. Hummus, (red pepper or regular flavour)
- 1 c. grated or julienned carrot
- 1 c. chopped cucumber
- 1 c. julienned red bell pepper
- 2 c. fresh baby spinach, washed and dried
- Toothpicks

Lay out one tortilla. Spread  $\frac{1}{4}$  of the hummus on the tortilla. Sprinkle  $\frac{1}{4}$  of the carrot, cucumber, bell pepper and spinach on top. Roll up the tortilla into a tight tube. Evenly space 6 toothpicks into roll to hold and slice 6 pinwheels from the rolled up tortilla.

Repeat with remaining 3 tortillas.