

BEAR HUG WRAPS

Ingredients

2 cups	Homemade Hummus (see recipe)
2	carrots
1 small head	romaine lettuce
12 slices or 100 g	cold cuts, (turkey or roast beef)
1	tomato
1 small	cucumber
1 400 g	block of cheese
6 large	10" whole wheat tortillas

Directions

1. Wash the vegetables.
2. Grate the carrots.
3. Tear the lettuce into smaller pieces.
4. Slice the tomato.
5. Peel the cucumber and cut into thin slices.
6. Grate the cheese.
7. Take a tortilla and spread 2 teaspoons of hummus in a thin layer on one side.
8. Fill with 2 slices of meat, cheese and vegetables.
9. Fold up the wrap, with the bottom folded 2 inches up and the sides folded in.
10. Enjoy!

Makes 6 wraps.

