

Veggie Spinach Wrap

$\frac{1}{4}$ cup shredded carrots
 $\frac{1}{4}$ cup green and red diced peppers
2 or 3 tablespoons of Humus
1 spinach flavored tortilla

Spread Hummus on Tortilla

Sprinkle shredded carrots on Tortilla

Sprinkle the green and red diced peppers on Tortilla

Wrap the tortilla up

Helena Baustista

Junior

Fruits/Vegetables

Wood County