

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

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Junior

Fruits/Vegetables

Wood County