

The Low Carb Seeker Wrap

This wrap has apples, cashews, hummus, and a delicious dressing that just hits all the cravings. A perfect lunch.



PREP TIME

8 mins

COOK TIME

5 mins

TOTAL TIME

13 mins



COURSE

Lunch



SERVINGS

1 wrap

CALORIES

456 kcal

INGREDIENTS

- 1 sheet Joseph's Oat, Bran and Flax Tortilla
- 1/4 c Hummus
- 50 g Apple thinly sliced
- 1 Tbsp Cashews chopped
- 1/4 small Cucumber thinly sliced
- 1 Tbsp Baby Carrots shredded
- 1 c Spring Mix
- 1 serving Tofurkey Maple Bacon Tempeh
- 1/2 clove garlic crushed
- 1/2 inch fresh ginger minced
- 1 tsp soy sauce
- 1/2 Tbsp lemon juice
- 1/2 Tbsp Tahini
- 1/2 Tbsp water

INSTRUCTIONS

1. Cook the tempeh strips over medium/high heat until they start to crisp, about 5 minutes.
2. Remove from heat, let cool.
3. Lay out your Lavash Wrap on your work space.
4. Spread hummus across the center of the wrap.
5. Layer apple slices, cucumber slices, and tempeh slices on top of the hummus.
6. Add spring mix and grated carrot.
7. In a small bowl, whisk together garlic, ginger, lemon juice, soy sauce, tahini, and water until well mixed.
8. Drizzle dressing over the greens.
9. Wrap your lavash up carefully. Pin with toothpicks if necessary.

NUTRITION

Nutrition Facts

The Low Carb Seeker Wrap

Amount Per Serving

Calories	456	Calories from Fat	153
% Daily Value*			
Fat	17g	26%	
Carbohydrates	53g	18%	
Protein	25g	50%	

* Percent Daily Values are based on a 2000 calorie diet.

Tried this recipe?

Let us know how it was!