

## Roasted Red Pepper Wraps



### Ingredients With Measurements

- 4 large whole wheat wraps
- 2 cups hummus
- 2-3 cups shredded lettuce
- 2 whole roasted red bell peppers, sliced thinly
- 1 cup of grated carrots
- 1 avocado, thinly sliced
- 1 cup of alfalfa sprouts
- 1 red onion, sliced

### Recipe

Lay out each wrap and spread about  $\frac{1}{4}$  or  $\frac{1}{2}$  cup hummus on each top near the center so you can roll it up.

Layer the rest of the veggies in the order listed in the ingredients.

### Ingredients Without Measurements

Whole Wheat Wraps	Hummus	Shredded Lettuce
Red Bell Peppers	Carrots	Avocado
Alfalfa Sprouts	Red Onion	