

## CUCUMBER HUMMUS ROLL-UPS<sup>o</sup>



**SERVES: 2** (4 roll-ups each) Prep Time: 15 min. Cooking Time: None

CONTAINER EQUIVALENTS (per serving): ½ ½



- |              |   |
|--------------|---|
| <b>1</b>     | <b>large cucumber</b>                         |
| <b>¼ cup</b> | <b>prepared hummus</b>                        |
| <b>¼ cup</b> | <b>roasted red peppers,<br/>thinly sliced</b> |

- 1.** Use a vegetable peeler to peel off eight long, thin slices of cucumber.
- 2.** Spread 1½ tsp. hummus on each cucumber slice.
- 3.** Top each with 1½ tsp. red pepper slices.
- 4.** Pick up one end of the cucumber slice and roll cucumber loosely around the filling. End with the seam on bottom and secure with a toothpick.

### SPECIAL EQUIPMENT:

Toothpicks

### VARIATIONS (SUBSTITUTE YOUR FAVORITE VEGETABLES OR HERBS FOR ROASTED RED BELL PEPPERS. YOU CAN TRY THESE OR YOUR FAVORITE COMBINATIONS):

- Chopped fresh red bell peppers
- Sun-dried tomatoes
- Capers
- Fresh chopped herbs
- Sliced green onions

<sup>o</sup>**This recipe works well with 80 Day Obsession. Make sure it works with your container counts.**

**NUTRITIONAL INFORMATION** (per serving): Calories: 75 Total Fat: 3 g Saturated Fat: 0 g Cholesterol: 0 mg Sodium: 197 mg Carbohydrates: 9 g Fiber: 3 g Sugars: 3 g Protein: 3 g

Recipes containing the icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.