

Hummus Green Wrap

Ingredients*

4 collard leaves (other options: bib lettuce or red lettuce)

1 cup roasted red pepper hummus (or hummus of your choice)

15 asparagus spears, roasted

3/4 cup cucumber, sliced into short thin strips

1-2 carrots, peeled and sliced into short thin strips

½ cup radish, sliced into short thin strips

½ cup red cabbage, sliced thin

½ avocado

*Add in any variety of vegetables that you like



Instructions

1. Wash and cut off stems of collard greens. Shake off excess water
2. Spread out about ¼ c of hummus, leaving about a ½ in around perimeter to reduce spillage.
3. Layer in veggies and top with avocado. Roll greens up like a burrito, cut in half and enjoy!

Nutrition Information

Makes 4; 1 serving:

275 calories, 24 g carbohydrate (5 g sugar, 10 g fiber) 18 g fat 9 g protein

Adapted from Eating Bird Food: <https://www.eatingbirdfood.com/hummus-collard-wraps/#wprm-recipe-container-34071>



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