



# Veggie Rainbow Wraps

*Enjoy this fun and healthy recipe brought to you by The Early Childhood Team*



**SERVINGS**  
8 Wraps



**TIME**  
10 Minutes



**DIFFICULTY**  
Easy



**CALORIES**  
223 kcal

## INGREDIENTS

- 1 cup - Roasted Red Peppers
- Hummus (or hummus of choice)
- 8 - Whole Grain Tortillas
- 1 - Red Bell Pepper (cut into strips)
- 1 - Orange Bell Pepper (cut into strips)
- 1 1/2 cup - Spinach (chopped)
- 1 - Cucumber (cut into strips)

## DIRECTIONS

1. Spread hummus or bean spread of your choice thinly on one side of the tortillas.
2. Add a thin layer of the vegetables across two thirds of each tortilla.
3. Roll up each tortilla.
4. Slice into about 5 individual rolls per tortilla.

## NOTES

Great source of fiber!  
Substitute hummus for your favorite bean spread.

Serving: 1 Wrap or 5 rolls |  
Calories: 223 kcal