

## Sandwich wrap

### Ingredients

- 2 x 15ml spoons of hummus
- 1 tbsl mayonnaise
- $\frac{1}{2}$  carrot
- Couple leaves of lettuce
- 1 tomato
- $\frac{1}{4}$  cucumber
- 1 large tortilla



### Method

1. Top and tail the carrot, then peel and grate.
2. Shred the lettuce into strips.
3. Cut tomato in half and slice thinly.
4. Cut cucumber in half and slice thinly.
5. Place the tortilla on a flat surface.
6. Evenly spread the hummus or mayonnaise over the top of the tortilla.
7. Sprinkle the grated carrot on top along with any other filling of your choice.
8. Fold the bottom of the tortilla up, over the filling.
9. Fold over one side.
10. Fold over the other side.
11. Slice into pieces and serve.