

## Rainbow veggie rolls

(Serves 1)

### Ingredients

- Flour tortilla
- 2 tbsp hummus
- ¼ cucumber, thinly sliced
- a few red and yellow pepper strips, thinly sliced
- ¼ carrot, grated
- A few strips of red cabbage, thinly sliced
- handful spinach leaves



### Method

1. Spread hummus evenly over the wrap
2. Layer on spinach leaves
3. Heap vegetables in the middle.
4. Roll up and cut into pieces, 2 finger spaces wide.