

Hummus salad wrap

Serves 1

Equipment

Chopping board, spoon,
knife, grater

Ingredients

2 tbsp. reduced-fat hummus

1 large wholemeal wrap

1 small carrot, grated

Small wedge of lettuce, to give 2
tbsp. when shredded



Method

1. Spread the hummus over the wrap, then sprinkle on the carrot and lettuce.
2. Fold opposite edges of the wrap, to keep the filling in, then roll up and cut in half.
3. Complete your lunchbox with 5 cherry tomatoes, some cucumber sticks and a low-fat Greek style yoghurt.