

Carrot, Hummus & Arugula Wrap

5 ingredients · 5 minutes · 1 serving



Directions

1. In a bowl, mix together the carrot, hummus, and hemp seeds until well combined.
2. Lay the tortilla flat and layer with arugula and the carrot hummus mixture. Roll the wrap tightly and enjoy!

Notes

Leftovers

Refrigerate any leftover carrot hummus mixture in an airtight container for up to three days. For best results, make the wrap the day of.

More Flavor

Add everything bagel seasoning or your choice of herbs and spices.

Additional Toppings

Avocado, sprouts, cucumber, bell pepper, sauerkraut, or kimchi.

Ingredients

- 1 Carrot (large, grated)
- 1/4 cup Hummus
- 1 tbsp Hemp Seeds
- 1 Whole Wheat Tortilla (large)
- 1 cup Arugula