



Hummus Rainbow Wraps

Serves 4

Ingredients:

- 4 wraps (wholemeal is best)
- 6 tbsp hummus
- 2 carrots, grated
- 4 cooked beetroot, grated
- large handful of baby spinach
- 100g feta, crumbled (optional)

Method:

1. Spread hummus on the wraps
2. Fill with carrots, beetroot and spinach
3. Sprinkle with feta, if using
4. Wrap and cut in half

