

## Hummus Wraps

4 servings

### Hummus

1 can garbanzo beans (approx 1 ½ cups), drained and rinsed

2 T tahini

¼ c lemon juice

1 T olive oil

1-2 green onions, cut into 2 inch pieces

2-3 cloves garlic, pressed

1 t cumin

1-2 tablespoons water (if needed)

Sea salt or tamari to taste

### Optional ingredients:

½ cup roasted red peppers

½ cup artichoke hearts

½ cup pitted olives

In a blender or food processor, combine all ingredients except the water and salt/tamari. Pulse the mixture until smooth. If using a blender, use a spatula to scrape down sides. If mixture won't blend or is too thick, add water 1 tablespoon at a time. If adding optional ingredients, pulse into mixture after hummus is completely blended, or chop fine and fold in by hand. Add salt or tamari to taste and serve.

### Wraps:

4 whole grain tortillas

1 cup shredded carrot

1 cup cucumber, chopped

1 cup lettuce, shredded or in small pieces

1 cup red or yellow bell pepper, sliced

1 cup tomatoes, chopped

Warm tortilla if it is stiff. Spread ¼ of the hummus down the center of the tortilla. Cover with ¼ of the vegetables. Fold the bottom end up and then roll in both sides to make a pocket.