

## Sandwich Wrap

## Between 2

### Ingredients

1 large Tortilla  
30ml Hummus  
½ carrot



### Method

1. Wash and dry carrot and top and tail. Peel and grate.
2. Place the tortilla on a clean, flat surface.
3. Evenly spread the hummus over the top of the tortilla.
4. Sprinkle the grated carrot on top of the hummus.
5. Fold the bottom of the tortilla up, over the filling.
6. Fold over one side.
7. Fold over the other side.
8. Serve.