



# CALIFORNIA VEGGIE WRAP

## Ingredients

- 1 red pepper cut into strips
- 1 avocado sliced into strips

Sprouted grain tortillas  
Hummus  
Shredded carrots

## Directions:

Toast the tortilla for less than a minute. Spread on some hummus. Layer the veggies on top. Roll up and cut in half.

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From Nina Safar, Kosher in the Kitch website



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