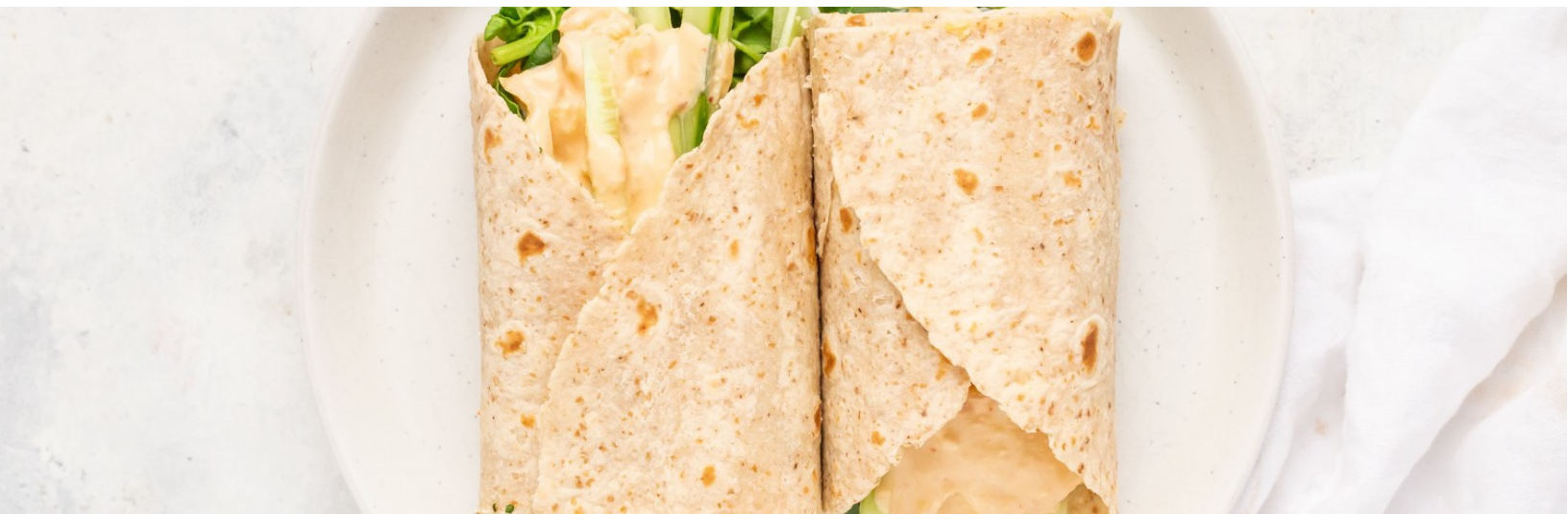




Hummus Kimchi Wrap

1 serving

5 minutes

Ingredients

- 1/4 cup Hummus
- 1/4 cup Kimchi (drained)
- 1 Whole Wheat Tortilla (large)
- 1 cup Baby Spinach
- 1/2 Cucumber (julienned)

Nutrition

Amount per serving	
Calories	308
Fat	15g
Carbs	35g
Fiber	9g
Sugar	4g
Protein	11g
Cholesterol	0mg
Sodium	728mg
Vitamin A	3022IU
Vitamin C	13mg
Calcium	195mg
Iron	5mg
Vitamin B12	0µg
Selenium	19µg

Directions

- 1 In a bowl, mix together the hummus and kimchi until well combined.
- 2 Lay the tortilla flat and layer with spinach, cucumber and the hummus kimchi. Roll the wrap tightly and enjoy!

Notes

Leftovers: Refrigerate the leftover hummus kimchi in an airtight container for up to three days. For best results, assemble the wrap just before eating.

Additional Toppings: Add avocado, sprouts, sesame seeds or any leftover veggies.

No Kimchi: Use sauerkraut instead.