



## *Quick Hummus Pinwheels*



### *ingredients*

- ¾ Cup Garlic Hummus
- ½ Cup sun-dried tomatoes, finely chopped
- ½ English cucumber, cut into matchsticks
- Handful of baby spinach
- 4 medium tortillas, gluten-free if necessary

\*Feel free to switch up the veggies according to what you're feeling that day!

### *instructions*

- Prep vegetables according to ingredient suggestions
- Covered with a damp paper towel, microwave tortillas for 20 seconds to soften
- Spread ¼ cup of hummus onto tortilla and assemble vegetables accordingly, making sure to leave room along the edges. Sprinkle sun-dried tomatoes on top.
- Lift the lower portion of the tortilla and firmly roll it towards the top
- Cut each roll into approximately 1/2" to 1" strips and enjoy!



### *did you know?*

- Hummus, made of **chickpeas**, is an excellent source of plant-based **protein**, making this a great post-workout snack!
- Chickpeas are also a great source of **fiber**, which can help you feel more satisfied during a busy day!