

Daniel Fast Veggie Wraps

Veggie wraps are easy, healthy and very satisfying. Be imaginative! This recipe is for raw vegetables, but you can also stir fry sliced vegetables in olive oil for a Mediterranean style or sesame oil for a more Asian flavor.

Ingredients:

1 cup carrots, shredded
1 cup red cabbage, shredded
1 cup onion, thinly sliced
3 Roma tomatoes, diced
4 leaves romaine lettuce
Guacamole
Hummus
4 10 inch 100% whole wheat tortillas

Preparation:

1. Prepare the vegetables, guacamole, hummus and whole wheat tortillas
2. Lay tortilla on plate, Spread with hummus and then guacamole.
3. Add thin layers of carrots, red cabbage, onion and tomatoes.
4. Cover with lettuce leaf.
5. Wrap tortilla around all the vegetables and serve.

Yield: four servings