

Hummus Tabbouleh Wraps (Serves 8)



A delicious and healthy Mediterranean-inspired wrap, perfect for lunch or as bite-sized hors d'oeuvres.

Ingredients

- 1 package hummus mix, prepared (or 3 cups store-bought hummus)
- 1 package tabbouleh mix, prepared (or 6 cups store-bought tabbouleh)
- 4 slices Lavash bread

Instructions

1. Lay a sheet of Lavash bread on a piece of plastic wrap slightly longer than the bread
2. Evenly spread **¾ cup of hummus** over the bread.
3. Layer **½ cup of tabbouleh** on top of the hummus.
4. Roll the bread tightly from the **short end to the short end**.

5. Wrap the roll securely in plastic wrap and repeat with remaining ingredients.
6. Refrigerate for at least **2 hours** to set.
7. Slice into preferred serving sizes:
 - **For meal-sized portions:** Cut each roll in half to serve **8 wraps**.
 - **For appetizers:** Cut into **8 pieces per roll** to yield **32 hors d'oeuvres**.

Nutrition (Per ½ Wrap Serving)

- **Calories:** 38
- **Fat:** 22.6g
- **Saturated Fat:** 0g
- **Cholesterol:** 0mg
- **Sodium:** 595mg
- **Carbohydrates:** 51.4g
- **Fiber:** 6.1g
- **Protein:** 9.4g

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