

Chicken and Vegetable Wraps

Makes 2 Servings



2 flour tortillas
2 tablespoons hummus
1 mango peeled, pitted, and cut into matchsticks
1 avocado peeled, pitted, and mashed

1 cup spinach
1 cup carrots shredded
1 cucumber cut into matchsticks
1 cooked chicken breast chopped

Place your flour tortillas on a flat surface and layer with hummus, mango, avocado, spinach, carrots, cucumber, and chicken.

Fold 2 sides of the flour tortilla towards the centre then roll tightly. Cut in half if you desire.

Serve