

Chicken and Veggie 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

1. Place your flour tortillas on a flat surface and layer with hummus, mango, avocado, spinach, carrots, cucumber, and chicken.
2. Fold 2 sides of the flour tortilla towards the centre then roll tightly. Cut in half if you desire.
3. Serve

Nutrition Facts

Amount per Serving

Calories 266

Calories from Fat 32

% Daily Value*

Total Fat 10g	15%
Saturated Fat 1g	5%
Cholesterol 14mg	4%
Sodium 351mg	14%
Total Carbohydrate 34g	11%
Dietary Fiber 3g	12%
Sugars 0g	
Protein 12g	
Vitamin A 166%	Vitamin C 15%
Calcium 10%	Iron 8%

Percent Daily Values are based on a 2,000 calorie diet.