

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. 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

1 cup spinach

1 cup carrots shredded

1 cucumber cut into matchsticks

1 cooked chicken breast chopped

Nutrition Facts

Amount per Serving

Calories	266	Calories from Fat	32
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.