



## Easy Wholesome Pinwheels/Wrap

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### Ingredients

- Whole wheat tortillas or flatbreads
- Hummus (store-bought or homemade)
- Optional: Sliced Nuna Turkey or chicken breast deli style
- Sliced cucumber
- Sliced bell peppers (assorted colors)
- Shredded carrots
- Baby spinach leaves

### Directions

1. Lay the whole wheat tortillas or flatbreads flat on a clean surface.
2. Spread a generous layer of hummus evenly over each tortilla.
3. If using deli meats lay a slice or two on the tortilla or flatbread
4. Arrange the sliced cucumber, bell peppers, shredded carrots, and baby spinach leaves over the hummus.
5. Gently roll up the tortillas, creating a tight cylinder.
6. Slice the rolled tortillas into bite-sized pinwheels.
7. Secure the pinwheels with toothpicks, if needed, and pack them in your child's lunchbox.

These Veggie Hummus Pinwheels are not only visually appealing but also packed with vitamins and minerals, making them an ideal lunch option for growing kids.