

# Hummus Rainbow Wraps

(Courtesy of BBC Good Food)



## INGREDIENTS

3-4 wraps (1/2 a wrap will be enough for a smaller child)

6 tbsp hummus

2 carrots, grated

4 cooked beetroot, grated

large handful of baby spinach

100g feta, crumbled (optional)

These colourful rainbow wraps, with hummus, beetroot, carrot, feta and baby spinach are a quick and easy veggie savoury treat — perfect for picnics and Pride celebrations!

## METHOD

- Spread the wraps with the hummus, then fill with the carrot, beetroot, spinach and feta, for those who want it.
- Wrap and save for lunchtime or eat straightaway.

