

VS14

Houmous and Falafel Wrap

Source: family

Serves: 1



- Super soft seeded wrap
- Houmous
- Red pepper – 1/2, finely chopped
- Cheese – grated
- Carrots – grated
- Falafels – 2, warmed
- Salsa

- 1.** Spread houmous down a diagonal on the wrap
- 2.** Sprinkle grated carrots on the houmous
- 3.** Sprinkle red pepper and carrots
- 4.** Spread some salsa along same line
- 5.** Crumble the falafels over the salsa
- 6.** Can add some salad leaves
- 7.** Fold the sides and one end of the fillings, leaving one end open.

This is highly suitable as a light meal or a snack