

# **Veggie & Hummus Flatbread Roll-Ups**

## **Ingredients**

- 1 whole grain or sprouted grain flatbread
- 3 tbsp hummus
- ½ avocado, sliced
- ¼ cup shredded carrots
- ¼ cup spinach or baby kale
- 1 boiled egg, sliced (optional)

## **Instructions**

1. Spread hummus evenly over flatbread.
2. Layer with avocado, carrots, greens, and egg slices.

3. Roll tightly and slice into pinwheels or serve whole.

## **Health Benefits**

- Balanced plant-based protein
- Full of fiber and healthy fats
- Easy to customize for picky eaters