

CREAMY CUCUMBER WRAP & VEGGIES WITH HUMMUS

INGREDIENTS

- 8 oz Pure Flavor® Aurora Bites Mini Sweet Peppers, halved
- 4 Pure Flavor® Mini Cucumbers, sliced in half
- 4 oz Pure Flavor® Juno Bites Red Grape Tomatoes,
- 1 small carrot peeled, cut into sticks
- 1 romaine lettuce leaf
- 1 tortilla wrap
- ¼ cup ready-made hummus
- ¼ cup red and green grapes
- 2 tbsp cream cheese

DIRECTIONS

1. On a wrap, spread cream cheese and add lettuce & cucumber. Roll and cut in half.
2. Add carrots, peppers & tomato to a container with a lid.
3. Add hummus to a container with a lid.
4. Add grapes to a container with a lid.



TOTAL TIME

5 minutes

PREP TIME

5 minutes

COOK TIME

N/A

SERVES

2

COOKING LEVEL

Easy

RECIPE | PEPPERS

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