

Easy Kid-Friendly Roasted Veggies and Hummus Wraps

Swick

Makes 8 small wraps | Active Time: | Total Time: 35 minutes

Step 1: Make the Wraps

- 8 tortilla wraps
- 3 bell peppers
- 1 medium onion
- Salt and pepper to taste
- 1 can chickpeas (drained)
- ¼ cup tahini
- 1 tbsp lemon juice
- ¼ cup olive oil
- 2-3 tsp minced garlic
- ¼ tsp salt
- ¼ tsp black pepper
- 2-4 tbs water

Preheat your oven to 400.

Rinse and slice bell peppers into strips. Peel onion and slice into strips. Add veggies to a cookie sheet lined with parchment paper and bake for 20 minutes.

Add lemon juice and tahini to a food processor or blender and mix until smooth. Add ½ can of chickpeas, olive oil, garlic, salt, and pepper, and continue to blend. Add the final half of the chickpeas and 2 tbs of water. Blend until smooth. You can add additional water to get to the consistency you want.

Spread about 2-3 tbsp of hummus onto your tortilla wrap, add veggies, and roll.