

A top-down view of four burrito-style wraps on a dark grey surface. Each wrap is filled with fresh spinach, diced red and orange bell peppers, and crumbled white cheese. A wooden skewer is inserted into each wrap. In the top right corner, there is a logo for 'FLIPANY' with the tagline 'The Ingredient to a Healthy Life'.

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Spinach Hummus Bell Pepper Wraps

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Prep Time: 10 minutes

Cook Time: 10 minutes

Yields: 2 Servings

INGREDIENTS

- 2 Whole grain wraps
- ½ cup Hummus
- 1 Small red, yellow, or orange bell pepper (thinly sliced)
- 1 cup Firmly packed baby spinach
- 1 ounce Crumbled feta cheese

CHEF'S CORNER

- You can also add additional vegetables or low fat protein for added flavor and nutritional value.

HEALTHY TIP!

- Hummus is a great source of plant protein, and have many health benefits, like fighting inflammation, lowers risk of heart disease, and better health digestion. Bell peppers are loaded with vitamins and minerals—some of these include Vitamins A, C, B9, and fiber!

DIRECTIONS

1. Spread each wrap with 1/4 cup hummus, leaving a 1/2-inch border around the edge.
2. Divide the bell pepper evenly between the wraps; top each with 1/2 cup spinach and 2 tablespoons cheese. Starting from one short side, roll up the wraps. Cut each wrap in half, and secure with wooden picks.
3. If you prefer it warm, cook on skillet, medium heat, for approximately 3 minutes on both sides. (optional)



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FLIPANY's mission is to foster healthy lives through nutrition education, physical activities, and wellness initiatives.

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