

Recipe

Tallahassee Veggie Wrap/Sandwich

By

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Ingredients

- 1 8" tortilla wrap
- 2 tbsp hummus (please see Dip/Sauce for the recipe)
- ¼ cup mix greens (or any salad mix)
- 2 tbsp alfalfa sprouts
- ¼ avocado, thinly sliced

Preparation

Warm the tortilla wrap in the pan over medium heat for 3 - 4 minutes. Spread hummus onto the wrap first then add sprouts, spinach, mixed greens, and avocado slices. Roll the tortilla and cut it into halves (see picture 1).

Or you may use a piece of pita bread and cut into halves. Stuff the “packet” (half of the pita bread) with hummus, sprouts, avocado slices, and salad mix (see picture 2).

Serves

1-2

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Hare Rama Hare Rama Rama Rama Hare Hare**