

Carrot and Hummus Roll-ups



Ingredients

- 2 slices of thick wholemeal bread
- ½ small carrot grated
- 2 tablespoons of reduced-fat hummus
- ½ teaspoon lemon juice

Servings: 1

Difficulty: Easy

Prep Time: 15 minutes

Method

- Place 2 slices of thin wholemeal bread on a white chopping board and remove crusts using a knife. Flatten the bread using a rolling pin.
- Grate half a carrot and add ½ teaspoon of lemon juice to it.
- Spread the hummus and grated carrot on each slice of bread.
- Roll up each bread slice tightly to enclose the filling. Cut into 3. Can be served with chopsticks.

Complete your lunchbox with

- 4 pepper strips and 5 cucumber slices
- 1 medium kiwi cut in half to eat with a spoon
- 1 small pot of low-fat natural yogurt or plant-based alternative (125g)
- Bottle of water

Allergens

Gluten, sesame, milk, may contain soya

