

Abell Bodies Power Wrap

This is a great lunch to pack for “on the go”. Add a little tuna or chicken to increase the protein!

Ingredients:

Whole wheat large tortilla shell

2 tbsp hummus

2 tsp salsa (such a flavourful and healthy condiment)

1 cup spinach leaves

4 black olives, sliced

¼ ripe avocado

Directions:

Mash avocado and spread over the shell. Spread on the hummus and layer on the rest of the ingredients. Fold and enjoy!