

## **THAT'S A WRAP!**

### **INGREDIENTS:**

- Wraps (I used 7 Grain Flax Wraps)
- **Hummus** (homemade or high quality store bought.)
- 1/2 cup baby spinach leaves
- 1 small carrot, cut into **matchsticks** or grated
- 1/4 cup sprouts (I used clover sprouts)
- 2 pieces **tempeh bacon**, crisped in a pan
- 1 roma tomato, sliced thin

### **PROCEDURE:**

1. Warm wrap in a skillet or directly on burner.
2. Spread hummus in a thin layer over wrap leaving 1/2" edge
3. Put spinach in a thin layer over hummus
4. Add tomatoes, tempeh bacon, carrots and sprouts
5. Wrap it, eat it

Shana Robinson is a natural foods chef who lives and works in New York City and the surrounding boroughs. She received her training at the highly acclaimed Natural Gourmet Institute, which also graduated health supportive chefs like Tal Ronnen, Alexandra Jamieson and Bethenny Frankel. She's an avid cook and vegan cupcake baker. You can follow her on twitter [@ChefShanaRachel](#) and get more healthy recipes and tips at <http://Knifestylesofthefitandfabulous.blogspot.com>.