

## BBQ Wraps



### Ingredients:

#### Hummus

1 ½ cup chickpeas, cooked, drained, rinsed

1 tablespoon white wine vinegar

1 tablespoon tahini

1 garlic cloves, minced

3 teaspoons coconut aminos

1 teaspoon dijon mustard

1 teaspoon smoked paprika

1 teaspoon ground cumin

#### Directions:

Blend or use a food processor to mix hummus.

#### Wraps:

2 heads firm heads of lettuce, stems removed

1 package brown rice paper wrappers

2 carrots, shredded

1 orange bell pepper, cut into thin strips

1 cucumber, cut into thin strips

1 zucchini, cut into thin strips

1 avocado, cut into thin strips

**Directions:**

Wash and dry lettuce. Soak rice paper for 30 seconds, add lettuce and spread with 2 tablespoons hummus. Add vegetables, tuck ends and roll up.