



Greek Wrap



SHOPPING LIST

- ☐ 1 cucumber
- ☐ 1 red bell pepper
- ☐ Handful of spinach
- ☐ 1 tomato
- ☐ 7 kalamata olives
- ☐ 1/4 cup feta
- ☐ 1/4 cup hummus
- ☐ 1 wrap

INSTRUCTIONS

- ☐ Dice tomato. Remove seeds from and dice cucumber.
- ☐ Spread hummus onto wrap.
- ☐ Place spinach, tomatoes, cucumbers, kalamata olives, and feta onto wrap.
- ☐ Fold the ends in and roll wrap.