Spring Veggie Hummus Wrap

*makes 4 wraps*

hummus:

1 can chickpeas (or 2 cups)

2 tbsp tahini

1/2 clove garlic, minced

1 tbsp balsamic vinegar

1 tsp cumin

dash of cayenne pepper

1-2 tbsp water

Blend in a food processor until creamy and smooth.

the wrap:

4 carrots, shredded

1 head of romaine lettuce

pint of cherry tomatoes, halved

1 can artichoke hearts

whole wheat tortillas

to assemble:

Lay one tortilla on a flat surface. Scoop at least 1/4 cup of hummus into the center, then add in the shredded carrots, a leaf of romaine, tomatoes and artichoke hearts. Fold the bottom sides of the tortilla over the filling, then fold lengthwise to close. Optional: drizzle some more tahini and balsamic vinegar over the veggies before closing the wrap.