

## **Mediterranean Hummus Wrap**

2-4 TBS cold water

2 TBS Extra virgin olive oil

1/2 teaspoon ground cumin

2 medium cloves of garlic, smashed

2-3 TBS lemon juice

1 can of chickpeas rinsed and drained

1/4 cup chopped Roman lettuce

2 sun dried tomatoes chopped

2 tbs kalamata olives, chopped

2 tbs red onion chopped

2 warm spelt wraps

Add water, olive oil, cumin, garlic, lemon juice and chickpeas to food processor and blend until smooth.

Place hummus into medium size bowl and mix in lettuce, tomatoes, olives and onion.

Place in a spelt wraps and enjoy