# Tortilla Rolls

10 large whole wheat tortillas

Choose 1 cheese or protein:

● 1 small tub cream cheese

● 250 grams cheese such as cheddar, swiss

● 1 ½ cups hummus

● 250 grams sliced or shaved turkey or chicken

● 1 ½ cups refried beans

● tuna salad

Choose 2 to 3 vegetables, such as:

● 1 cucumber, thinly sliced

● 2-3 carrots, grated

● 1 red pepper, diced

● 1 box alfalfa sprouts

● 10 large lettuce leaves, washed

● 2 avocados, mashed

Prepare all the fillings.   
  
(For example: wash and dry lettuce leaves, grate cheese, slice cucumbers, grate carrots)

Place 1 tortilla on a cutting board or large plate.

Spread evenly with the spread (cream cheese, hummus, mashed avocados, tuna salad, etc.)

Layer the vegetables on top.

Roll each tortilla up tightly.

Slice tortillas into rounds. Place on a serving plate.

Makes enough for 10 to 12