

Shopping List

White Bean Hummus Wraps with Avocado and Bell Pepper

White Bean Hummus Ingredients

- 15.5 oz. canned, no-salt-added, low-sodium white beans (like cannellini) (drained, rinsed)
- 1 Tbsp. lemon juice
- 3 Tbsp. water
- 1/4 tsp. ground, sweet paprika
- 1/4 tsp. ground black pepper

Wrap Ingredients

- 1 medium tomato (thinly sliced)
- 1 medium cucumber (thinly sliced)
- 1 bell pepper (seeded, thinly sliced)
- 1 avocado (peeled, pit removed, sliced)
- 4 handfuls lettuce
- 4 (10-inch) whole-grain, low-fat wraps