



Veggie Pinwheels

Yield: 6-8 slices per tortilla

Ingredients:

- spinach tortillas and/or flour tortilla

Filling:

- cream cheese, I use dairy free Daiya cream cheese with chive and onion
- 1 cup shredded carrots
- handful of spinach
- 1 cup red bell pepper, julienned

Garnish:

- parsley, chives, basil

Other filling ingredients: cucumber, sprouts, lettuce, tomatoes, hummus

Directions:

1. Spread cream cheese or hummus around the tortilla.
2. Add filling ingredients.
3. Roll up and cut into slices.
4. Garnish with chopped herbs.