

Black bean wrap

Ingredients

Hommus

Refried black bean

Carrot

Feta cheese

Avocado

Radish

Method

1. Peel and spiralize the carrots and radishes.
2. Cut the avocado in half, holding the half with the pip in the palm of your hand bring the knife down onto the pip and pop out, cut into quarters the skin will just peel off, cut into slices.
3. Spread a layer of hommus on the wrap with the back of a spoon, then a layer of black bean.
4. Place the avocado onto of the black bean the follow with the carrot, cheese and radish.
5. Roll the wrap so it is nice and tight then cut into slices.

