COLLARD HUMMUS WRAPS

INGREDIENTS

4 collard leaves (blanched or raw)
1 cup hummus (store bought or make your own Beet Hummus or Classic Hummus)
1-2 cucumbers, sliced into thin strips
1-2 carrots, sliced into thin strips
3-4 radishes, sliced into thin strips
1 cup chopped red cabbage
Optional: sprouts, avocado, any other veggies you like!

METHOD

To blanch the collards (in order to make them a bit more tender): bring a pot of water to a boil. Cut off the thick stem at the base of the leaves, and shave off some of the thick stem down the middle of the leaf so that it is flat.

Place collard leaves one at a time into the boiling water for one minute, no longer. Remove the leaves with tongs and place in ice water for a few seconds, then place on a paper towel to dry.

If you are going to use the collard leaves raw, simply shave the stem down so that the leaves are flat.

Spread 1/4 cup hummus onto the middle of each leaf. Top with sliced veggies. Fold up the bottom of the collard leaf, then roll up from one side to the other. You can slice it into smaller pieces if you want.