
Dr. Ruby's Coconut Avocado Wraps

By Ruby Lathon, PhD

Ingredients:

- 4 raw coconut wraps (plain or curry) – or use whole wheat or gluten free wrap
- 4-6 tablespoons hummus
- 1 cup alfalfa sprouts
- 1 Roma tomato, sliced
- 1 avocado, sliced
- ½ red or yellow bell pepper (optional)
- 1 dash of sea salt
- 1 spray of balsamic vinegar

Directions:

1. Add ¼ of ingredients to each wrap.
2. Roll the wrap securely and slice.
3. Serve immediately or store in the refrigerator.

