



Chicken Avocado Hummus Wrap



SERVINGS: 1

PREP TIME: 10 MINUTES

COOKING TIME: 0 MINUTES

INGREDIENTS

- 1 palm-sized Chicken Breast, cooked
- 1 tsp Olive Oil
- A squeeze of Lemon Juice
- A dash of Salt
- 1 Protein Wrap or Sweet Potato Wrap
- 2 tbsp Hummus
- A handful Spinach
- A small handful Shredded Carrots
- 1/4 Avocado, sliced

DIRECTIONS

1. Shred or slice the cooked chicken breast, then toss it with olive oil, lemon juice, and a dash of salt to lightly coat. Set aside.
2. Lay the wrap flat and spread the hummus evenly across the surface.
3. Layer with spinach, carrots, avocado slices, and the seasoned chicken.
4. Roll the wrap tightly, tucking in the sides as you go.
5. Slice in half and serve.

NOTES

1. Wrap Tip: Warm the wrap briefly in a dry skillet or microwave for 10 seconds to make it more pliable and prevent tearing.
2. Protein swap: You can swap the chicken for tuna, salmon, turkey, or another lean protein of your choice.

AVERAGE NUTRITION INFO

Energy : 1774 kJ / 424 Cal

Fat : 19 g

Carbs : 27 g

Protein : 38 g

Fibre : 16 g

Sugar : 3 g

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