

## Hummus Pinwheels

### Humus

(<http://damndelicious.net/2016/01/11/sriracha-hummus/>)

- 1 (15-ounce) cans garbanzo beans, drained
- 2 Tablespoons freshly squeezed lemon juice
- 1/2 Tablespoons Sriracha
- 1/2 Tablespoon sesame oil
- 1/2 Tablespoon minced garlic
- 2 Tablespoons cilantro leaves
- 1/4 teaspoon ground cumin
- 1/4 teaspoon paprika
- 2 Tablespoons olive oil

Put all ingredients in a food processor and process until smooth. If too dry add a little more olive oil



### 2) La Tortilla Factory Wheat Free Gluten free ivory Teff Wraps

- ½ cup thinly sliced red pepper
- ½ cup thinly sliced cucumber
- ½ cup thinly sliced avacodo
- 4 spiniach leaves chopped
- 1 cup hummus

Spread half of the hummus on each wrap. Sprinkle the vegetables on the two wraps.

Roll up the wrap and cut off the ends to make a staight edge. Then wrap in plastic wrap and leave for 2 to 8 hours. Slice to create pinwheels and serve

<http://www.lincolntent.com/GlutenFreeCaseinFree-AppetizersRecipes.html>