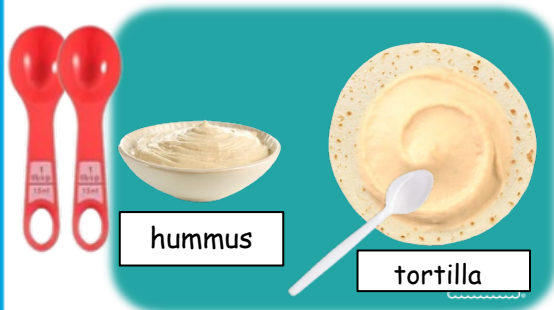




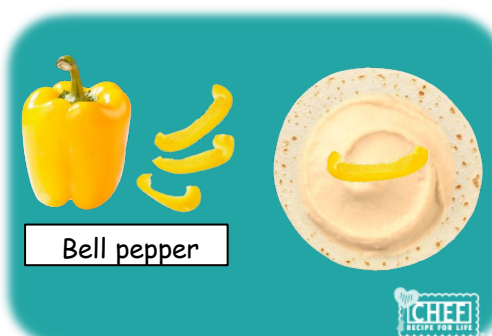
# TORTILLA ROLL-UP

1.



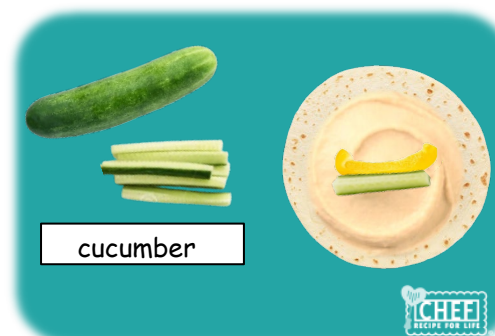
Measure and spread **2 Tablespoons** hummus.

2.



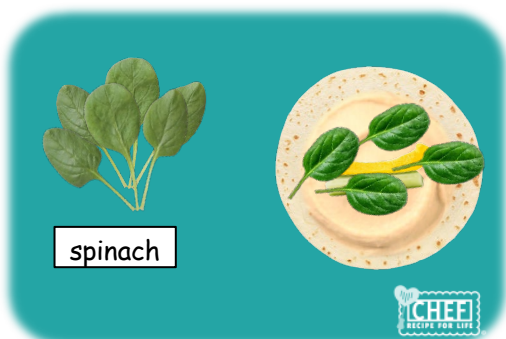
Place slice of bell pepper in tortilla.

3.



Place slice of cucumber in tortilla.

4.



Place 4-5 spinach leaves in tortilla.

5.



Measure and add **1 Tablespoon** matchstick carrots.

6.

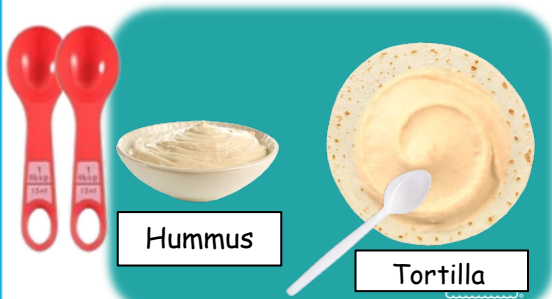


Roll and cut into pieces.



# TORTILLA ROLLADO

1.



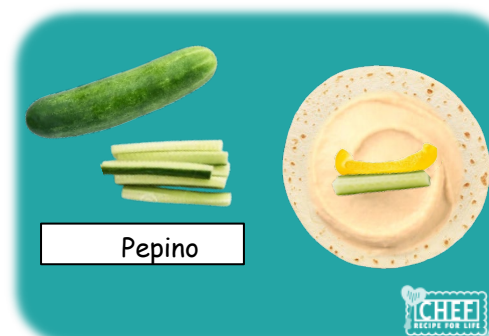
Mide y unta **2 cucharadas** de hummus.

2.



Coloque una rodaja de pimiento morrón en la tortilla.

3.



Coloque un bastoncito de pepino en la tortilla.

4.



Coloque 4-5 hojas de espinaca en la tortilla.

5.



Medir y sumar **1 cucharada** de zanahorias en bastoncitos.

6.



Enrollar y cortar en trozos.