



Hummus, Arugula and Roasted Pepper Wraps

Start with a healthy wrap (Ezekiel Brand/brown rice – found in freezer section) or read your labels! – few ingredients = better!

Spread 2 large spoonfuls of hummus (any flavor)

• Add a large handful or 2 of arugula

Top with drained roasted peppers

Salt, pepper to taste

(add ins: cucumber, avocado, protein)

Trail Mix

Raw unsalted nuts

Pumpkin seeds

Sunflower seeds

Craisins or other dried fruit

Coconut flakes

Granola (optional)

Dark chocolate chips (the higher % of cacao the better)

“Sassy” Water

Water

Lemon

Cucumber

Shaved ginger

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