

## Mediterranean Wrap -1 serving

### Ingredients:

1. Low carb tortilla (I use OLE extreme wellness high fiber tortilla wrap)
2. Hummus (store bought or homemade)
3. Tabouli (store bought or homemade)
4. Red onion to taste, sliced
5. Tomato to taste, sliced
6. 1 tbsp. Black beans
7. lemon juice
8. garlic powder

### Instructions:

1. assemble your wrap! I start by spreading the hummus, then adding about a tablespoon of tabouli, a couple slivers of red onion, some tomato, a sprinkle of black beans, some lemon juice, and a dash of garlic...and done!



Healthy Life Style



100% WHOLE WHEAT & FLAX SEED

- 11g OF DIETARY FIBER
- ONLY 50 CALORIES PER WRAP
- 4g NET CARBS PER SERVING\*
- MADE WITH EXTRA VIRGIN OLIVE OIL
- 0g TRANS FAT
- NO SUGAR ADDED
- NO HYDROGENATED OILS

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A Better Choice For Your Health™

# XTREME wellness!

High Fiber  
CARB LEAN™



8 Tortilla Wraps

NET WT. 12.7 OZ (360g)

\*PER SERVING. SEE BACK FOR FULL NUTRITIONAL INFORMATION.

High Fiber Tortilla Wraps



### Nutrition Facts

- Tortilla = 50 cals
- Hummus = approx. 35 cals
- Tabouli = approx. 30-50 cals
- Black beans = approx. 14 cals
- Veggies...do they even count? Let's say 10 cals
- TOTAL= 150 cals ish