

# The Superfood Burrito

Cook time: 15 min. Skill level: Easy Servings: 6

## Ingredients

6 (8 oz.) Ole' Flavored Wraps of your choice, warm according to directions

Hummus, any flavor

2 (12 oz.) canned Tuna, packed in water, drained

1 (15 oz.) Cannellini beans, drained

2 C Grape tomatoes, cut in half or quartered

½ C Kale, chopped

½ C Carrots, julienned

¼ tsp. Salt

¼ tsp. Red Pepper flakes

Juice of 1 lime

Capers, drained for garnish

## Directions

- Spread hummus over each wrap, then layer tuna and remaining ingredients.
- Roll your Ole' flavored wrap and serve immediately.