

Nutrition Facts (Total about 7-8 pinwheels)

3-4 Pinwheel serving:

- Calories: 399
- Carbohydrates: 63 g
- Protein: 22 g
- Fat: 8 g
- Fiber: 18 g
- Sodium: 804 mg
- Sugars: 4 g



Ingredients:

- 1 15 oz can white beans (rinsed and drained)
- 3-4 tbsp of tahini pesto or store-bought vegan pesto
- 2 large flour wraps
- 1 cup baby spinach
- 1 cup sautéed mushrooms
- 1 cup diced cherry tomatoes
- Red pepper flakes (to taste)

Equipment:

- Medium-sized bowl
- Fork (something to mash with)
- Sauté pan

Instructions:

1. In a bowl, mash your white beans and mix in pesto
2. Spread mash over each wrap
3. To each wrap, layer in rows your filling ingredients. Start by sprinkling a row of spinach, then next to it sprinkling your mushrooms, and then your last row for the cherry tomatoes.
4. From one end, roll up your wrap tightly like a sushi roll and cut it into bite-sized pieces. You can serve with additional pesto and red pepper flakes on top.