

# Food Babe's Airplane Wrap



Prep Time:	Cook Time:	Total Time:	Serves:
5 mins	0 mins	5 mins	1

<https://foodbabe.com/save-dreaded-post-travel-bloat>

## Ingredients:

- 1 sprouted grain tortilla
- 1 teaspoon dijon mustard
- ½ avocado, sliced
- 2 romaine leaves
- ¼ red bell pepper, sliced
- 2 dill pickle slices
- 1 carrot, shredded

## Instructions:

1. Spread dijon mustard on your wrap.
2. Top it with avocado slices, lettuce leaves, peppers, pickles and shredded carrot.
3. Wrap it up and seal in a piece of parchment paper.

## Notes:

- For traveling, I recommend putting the parchment-wrapped sandwich in a clear plastic bag along with an ice pack. This should easily get through airport security.
- Please choose all organic ingredients if possible