

Simple Lunch Wraps

(C, (D), E, (N), S, V, Y)

Ingredients

4 large tortilla wraps

1 19 oz can black beans, rinsed and drained

¼ cup carrot, grated

1 cup alfalfa, broccoli or pea sprouts or assorted lettuces

4 tbsp vinaigrette of your choice

½ cup cheese of your shredded or crumbled (optional)

½ cup left over cooked cooled rice or any other appropriate fridge leftovers

Spreads - your choice of:

Hummus, mashed avocado or guacamole, baba ganouj, salsa, tahini

Directions

1. Lay out the tortilla wraps, spread each with your choice of spread(s)
2. Divide all other ingredients over wraps and drizzle with vinaigrette, 1 tbsp each
3. Fold bottom in first then roll vertically to form a wrap
4. Eat cold as is or warm in the oven/ toaster oven before serving.

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