

Healthy Lunch Wraps

Ingredients:

- Fresh sliced tomato
- Fresh sliced cucumber
- Leafy dark greens (*your choice*)
- ½ cup thinly sliced radicchio
- Shredded Parmesan cheese, optional
- 1 ripe avocado, sliced
- 4 extra-large tortillas
- Fresh sprouts

For the Chickpeas:

- 15 ounce Can Chickpeas Drained, or 1 and ½ cups cooked chickpeas
- ¼ cup Vegan Mayonnaise (60g)
- 1 Nori Sheet Finely Chopped
- ¼ cup Red Onion Finely Chopped (*about half a small red onion*)
- 1 Tbsp Lemon Juice
- 10 Capers Finely Chopped
- ½ tsp Garlic Powder
- 1 Tbsp Nutritional Yeast
- 1 Tbsp Tamari or Soy Sauce
- ½ Tbsp Dijon Mustard
- ½ tsp White Vinegar
- Sprinkle Sea Salt
- Sprinkle Ground Black Pepper

Dijon Mustard Vinaigrette:

- ½ cup plain Greek yogurt (*any % fat will do*)
- ¼ cup extra-virgin olive oil
- ¼ cup Dijon mustard
- 3 - 4 tablespoons honey, to taste
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar (*or more lemon juice*)
- 1 clove garlic, pressed or minced
- Salt and pepper to taste

Instructions:

1. Make the dressing. In a blender, combine all ingredients. Blend until creamy and emulsified.
2. Make the wrap fillings. In a small bowl, use a potato masher to mash the chickpeas then add rest of ingredients.
3. In a medium bowl, toss leafy greens mix, and radicchio with cup of the dressing.
4. Assemble the wraps: divide the chickpea mixture, salad mixture, avocado, and cheese, if using, among the tortillas. Fold the left and right sides of the tortilla over the filling. Fold the bottom flap of the tortilla up and over the filling and roll the wrap closed. Wrap in foil, slice in half crosswise, and serve with the remaining dressing on the side for dipping.

Simple Detox Drink

Ingredients:

- 16 ounces of warm or hot water
- 2 tablespoons apple cider vinegar
- 2 tablespoons lemon juice
- ½ teaspoon ground ginger
- ¼ teaspoon cinnamon
- 1 dash cayenne pepper
- 1 teaspoon raw, local honey (optional)

Instructions:

1. Warm the water.
2. Mix all ingredients together.
3. Best served warm but drink at desired temperature.

Nutrition

Serving Size 16 ounces: Calories 48 Sugar 6g Fat 0.4g Carbohydrates 11g Fiber 1.2g Protein 0.5g