



COLLARD GREEN WRAP

A DELICIOUS GLUTEN FREE SANDWICH OPTION

SERVINGS: 6

6 collard green leaves

2 cans of garbanzo beans

1 carrot

1 avocado

1 pepper

1 cucumber

1 tablespoon olive oil

2-3 pinches of salt

1/8 tsp of garlic powder

1 lemon

- 1** Wash all vegetables. Drain and rinse canned beans. Cut vegetables into large chunks.
- 2** Finely chop vegetables in food processor or mash manually one at a time and then add all together.
- 3** Add in olive oil, salt, lemon juice, and garlic powder.
- 4** Prepare collard green leaf by cutting off stem. Place mixture on collard green leaf and fold accordingly.