



Avocado Chickpea Tortilla Wrap

Visual Recipe
by DAREBEE
@ darebee.com

1 can - 7oz - 200g cooked chickpeas
2 tortilla wraps
1 avocado

LEVEL UP! Add red onion and sesame seeds.

2 PORTIONS

1



2



3



4



INSTRUCTIONS

1. Toast tortilla in the oven for 2 minutes.
2. Cut, de-stone and peel the avocado. Mash it with a fork and spread on the tortilla.
3. Drain and add chickpeas. Season for taste.
4. Garnish with red onion and sesame seeds. Fold up.