

Melissa's Easy Mexican Wrap

Ingredients:

100 sprouted grain, 100% whole wheat or corn tortilla

Fat free refried beans

Taco seasoning

Cherry tomatoes or chopped fresh tomato

Red Onion

Black Olives

Lettuce of choice

Avocado

Salsa

Instructions:

- Take refried beans from the pan into a bowl. Add a splash of non-dairy milk to make creamy and thin just a little; add taco seasoning to the beans to taste.
- Spread the taco seasoning down the center of tortilla and add tomatoes, red onion and black olives
- Warm in the microwave for 30 seconds
- Add lettuce, avocado and salsa; wrap and eat!

If you do not want to use the microwave, simply heat the seasoned refried beans in a pan, and warm the tortilla in a dry pan on the stove until warm.