

# AVOCADO BUFFALO CHICKPEA SALAD WRAP

Preparation: **15** minutes | Cooking: **0** minutes | Servings: **3**

## INGREDIENTS

*1 can chickpeas (15 ounces),  
rinsed and drained*  
*3 tortillas of choice*  
*1 celery stalk, diced*  
*1 avocado, sliced*  
*1 red onion, sliced*  
*1 medium carrot, shredded*  
*2-3 cups fresh spinach*  
*1/4 cup plain yogurt*  
*1/4 cup diced cilantro*  
*3-4 tablespoons buffalo sauce*  
*2 tablespoon red onion, diced*



## INSTRUCTIONS

Add rinsed and drained chickpeas to a large bowl and use a masher or fork to mash most of the chickpeas until there's a chunky consistency. Add in diced celery, shredded carrot, cilantro and red onion. Add in yogurt and buffalo sauce, and stir to combine and coat all ingredients. Add salt and pepper if desired. Add buffalo chickpea mixture to tortilla with avocado, spinach and diced red onion. Fold together like a burrito and enjoy!