



Mexican Black Bean Wrap

1 serving
10 minutes

Ingredients

1/4 cup Unsweetened Coconut Yogurt
3/4 tsp Taco Seasoning
1 1/2 tbsps Lime Juice
1 tbsp Cilantro
1 cup Black Beans (cooked and rinsed)
1 stalk Green Onion (chopped)
1/4 cup Cherry Tomatoes (chopped)
2 leaves Romaine
1 Whole Wheat Pita

Directions

- 1 In a mixing bowl combine the coconut yogurt, taco seasoning, lime juice, and cilantro. Add the black beans, green onion, and tomatoes and stir to combine. Season the mixture with additional lime juice or salt if needed.
- 2 Open the pita, add the lettuce, and top with the black bean mixture. Roll the pita tightly to close. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Assemble just before serving.

Serving Size: One wrap is one serving.

Gluten-Free: Use a gluten-free pita, tortillas, gluten-free bread, or lettuce wraps instead.

More Flavor: Add fresh garlic, red pepper flakes, or hot sauce.

Additional Toppings: Salsa, avocado, cheese, or jalapenos.

No Coconut Yogurt: Use plain yogurt or Greek yogurt instead.