

Avocado Tuna Wrap

Ingredients

For the wrap:

- 1 can of tuna
- 2 tbsp dijon mustard
- 2 tbsp mayonnaise or mashed avocado
- ½ tsp black pepper
- ⅛ tsp cayenne
- 3 soft tortillas or other wraps

Add-Ins:

- 1 avocado (sliced thin)
- 1 medium carrot (shredded)
- 1 cup spinach
- roasted chickpeas
- red onion (sliced)

Directions

1. Open tuna and empty into a medium bowl. Use a fork to shred the tuna. Add dijon mustard, mayonnaise or mashed avocado if using, black pepper, and cayenne. Mix until well-combined.
2. I recommend warming your wraps briefly before assembling to make rolling easier!
3. Start with avocado slices as the base, then add a thin layer of spinach leaves. Spoon tuna onto the spinach, then stack carrots and red onion beside tuna. If using, sprinkle chickpeas on top of spinach. Fold in the edges of the wrap and then start rolling. Slice in half and enjoy – either immediately or tomorrow for lunch!

