



McReebs Wrap

INGREDIENTS

MCREEBS SECRET SAUCE

- 1 green onion
- 1 small lemon, juiced
- 1/2 cup raw cashews
- 1/2 cup water
- 1/4 cup WYW Ketchup
- 1 tablespoon WYW Nooch
- 1 teaspoon dijon or yellow mustard
- 1/2 teaspoon paprika

WRAP

- 1 15 oz. can kidney beans, drained and rinsed
- 1 tablespoon WYW Galaxy Dust
- whole wheat lavash
- romaine lettuce
- cherry tomatoes, quartered
- red onion, sliced thin
- pickles, sliced
- avocado, sliced
- McReebs Secret Sauce

METHOD

To prepare the McReebs Secret Sauce, add all of the ingredients to a high-speed blender and blend until smooth.

To prepare the wrap, mash the kidney beans together with the Galaxy Dust or your favorite no-salt spice blend using a potato masher or a fork.

Lay out the whole wheat lavash, add some mashed kidney beans along with all of the other wrap ingredients, drizzle on the McReebs sauce and some ketchup and mustard, roll it up, cut the wrap in half and enjoy! We love it dipped in a side of even more McReebs Sauce.