

# Apple Chickpea Salad Wraps

10 ingredients · 15 minutes · 3 servings



## Directions

1. Use the back of a fork to smash the chickpeas. Stir in the tahini, water, dijon mustard, apple cider vinegar, salt, and pepper until well combined. Fold in the apples and celery.
2. Divide the spinach onto the tortillas and top with the apple chickpea mixture. Roll tightly into wraps and enjoy!

## Notes

### Leftovers

Refrigerate the apple chickpea mixture in an airtight container for up to four days. Wraps are best made just before enjoying.

### Gluten-Free

Use brown rice tortillas instead of whole wheat tortillas.

### More Flavor

Add pecans, cranberries, garlic powder, maple syrup, fresh parsley, or black pepper.

### Additional Toppings

Add shredded carrots or sliced green onions.

### Save Time

Blend the chickpeas, tahini, water, dijon mustard, apple cider vinegar and salt in a food processor to your desired consistency.

## Ingredients

- 2 cups Chickpeas (cooked)
- 3 tbsps Tahini
- 2 tbsps Water
- 1 tsp Dijon Mustard
- 1 tsp Apple Cider Vinegar
- Sea Salt & Black Pepper (to taste)
- 1 Apple (medium, diced)
- 1 stalk Celery (diced)
- 3 cups Baby Spinach
- 3 Whole Wheat Tortilla

## Nutrition

Amount per serving

Calories	438	Calcium	257mg
Fat	15g	Iron	6mg
Saturated	3g	Vitamin D	0IU
Trans	0g	Vitamin E	2mg
Polyunsaturated	5g	Thiamine	0.7mg
Monounsaturated	5g	Riboflavin	0.3mg
Carbs	62g	Niacin	4mg
Fiber	16g	Vitamin B6	0.4mg
Sugar	13g	Folate	324µg
Protein	17g	Vitamin B12	0µg
Cholesterol	0mg	Phosphorous	460mg

Sodium	331mg	Magnesium	130mg
Potassium	756mg	Zinc	3mg
Vitamin A	2947IU	Selenium	25µg
Vitamin C	13mg		