

SWEET MUSTARD SPINACH WRAP

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IN A MIXING BOWL COMBINE ALL OF THE INGREDIENTS FOR THE SWEET MUSTARD SAUCE AND WHISK TOGETHER. SALT AND PEPPER TO TASTE AND SET ASIDE.

NEXT, IN A MIXING BOWL ADD THE CHICK PEAS AND SMASH WITH A FORK UNTIL IT HAS A TEXTURE LIKE TUNA OR CHICKEN SALAD.

NOW ADD THE REST OF THE INGREDIENTS OF THE WRAP FILLING. MIX TOGETHER.

NEXT ADD A SPOONFUL OF SWEET MUSTARD SAUCE TO YOUR WRAP MIX AND STIR UNTIL THE SWEET MUSTARD SAUCE HAS LIGHTLY COATED THE ENTIRE WRAP MIX. ADD ANOTHER SPOONFUL IF NECESSARY.

NOW SPREAD A THIN LAYER OF VEGANAISE ON THE SPINACH TORTILLA AND ADD THE WRAP FILLING. FOLD TORTILLA LIKE A BURRITO AND CUT WRAP IN HALF.

SERVE WITH A SIDE OF SWEET MUSTARD SAUCE, POTATO CHIPS AND A STUFFED AVOCADO (HALF AN AVOCADO, FILL WITH WRAP FILLING, DRIZZLE WITH SWEET MUSTARD SAUCE)



SWEET MUSTARD SAUCE

- 1 CUP VEGANAISE
- 3 TBS BROWN SPICY MUSTARD
- 3 TBS MAPLE SYRUP OR HONEY
- 2 TBS BROWN SUGAR
- 1 TBS APPLE CIDER VINEGAR
- 1 TBS ONION POWDER
- 1 TBS GARLIC POWDER

WRAP FILLING

- 2 CUPS CHICK PEAS
- 1 CRISP APPLE
- 1 CUP CHOPPED SPINACH
- 1/2 CUP PICKLED BEETS
- 1/2 CUP KALAMATA OLIVES
- 1/4 CUP SUNFLOWER SEEDS

THE WRAP

- 4 SPINACH TORTILLAS
- SPOONFUL OF VEGANAISE

*“RECIPES ARE OPINIONS,
REMEMBER TO FORM YOUR OWN”*
- CHARMAINE W. MATTHEWS