Smashed Chickpea, Avocado + Quinoa Lettuce Wraps

**Preparation:** 5 mins  
**Serves:** 6 – 8 wraps

**Ingredients**  
1 (15 oz) can chickpeas, drained + rinsed  
1 medium avocado  
1/4 cup cooked quinoa  
1/4 cup chopped cilantro  
Juice of half a lime  
Pinch of sea salt  
Cracked pepper to taste  
1 head boston bib lettuce (or romaine)  
Optional toppings: sliced cherry tomatoes, chopped cilantro, vegan sour cream/tahini

**Instructions**  
1. Add the chickpeas and avocado to a large bowl. Mash with a potato masher or fork until chickpeas are broken up and the avocado is creamy.  
2. Stir in quinoa, cilantro and lime juice. Season with salt and pepper, taste and adjust seasonings as necessary.  
3. Add into lettuce leaves and top with desired toppings.*

by Alyssa