

Avocado Chicken Wraps – Flavor-Packed & Guilt-Free

These flavor-packed, protein-rich wraps are the perfect quick and guilt-free meal. Whether it's lunch, dinner, or meal prep – they're creamy, crunchy, and totally satisfying!



Servings: 2 wraps **Prep Time:** 10 minutes

■ Ingredients:

- 1 cup shredded cooked chicken (or rotisserie)
- 1 ripe avocado
- 2 tbsp Greek yogurt or coconut yogurt
- Juice of ½ lime
- 1 clove garlic, minced
- Chopped lettuce, diced tomatoes & cucumber
- Whole grain or gluten-free wraps
- Optional: chili flakes, hummus, fresh herbs

■■■ Instructions:

1. In a bowl, mash the avocado with yogurt, lime juice, and garlic.
2. Add chicken and chopped veggies, mixing until combined.
3. Spread mixture on wraps, roll them tightly, and slice.
4. Top with herbs or chili flakes if desired.

■ Nutrition Snapshot (per wrap):

- Calories: ~300
- Protein: 22g
- Carbs: 18g
- Fat: 18g

■ Swaps & Variations:

- Dairy-free: Use coconut yogurt.
- Low-carb: Use lettuce or collard wraps instead of tortillas.
- Vegan: Swap chicken for mashed chickpeas or tempeh strips.

■ Pro Tips:

- Warm the wrap slightly before rolling for easier folding.
- Double the recipe for weekly meal prep!