



Debbie Romano

708-267-1413

eMail: FHHealthyHeartbeats@gmail.com

## MEXICAN BURRITO

### Ingredients

Whole grain or gluten free burrito, rice cakes (romaine or butter lettuce makes a great boat for holding mixture)

1 Can of refried beans or any favorite beans that you can mash

½ Can of black olives

½ Cup of your favorite salsa (can change it up with mango salsa)

½ Avocado mashed

1 tomato chopped

¼ Cup non dairy cheddar cheese

2 Cups of chopped spinach or romaine lettuce

### Instructions

Mix beans, avocado and salsa together in a bowl and put aside (if you like warm beans place in microwave for 30-60 seconds)

Take burrito and warm in microwave for 10 seconds so it's more pliable

Spread a heaping spoonful of bean mixture in the middle of burrito or lettuce wrap.

Sprinkle greens, onions, black olives, tomatoes, and non-dairy cheese on top.

Roll up the burrito and enjoy!

**ENJOY AND FEEL THE HEALTH**