

# Food Babe's Chickpea Curry Wraps



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	1 hr	1 hr, 10 mins	2

<https://foodbabe.com/chickpea-curry-wraps>

## Ingredients:

- 1 ½ cups garbanzo beans, cooked
- ½ fresh red pepper, chopped
- ¼ cup fresh cilantro, chopped
- ¼ cup raisins
- 2 brown rice tortillas (Ezekiel)
- 2 cups baby spinach

## Dressing:

- ½ lime, juiced
- 1 teaspoon curry powder
- 1 teaspoon raw honey (get local if possible)
- 2 tablespoons extra virgin olive oil
- 1 pinch sea salt
- 1 pinch ground black pepper

## Instructions:

1. You can use canned chickpeas or make them by soaking dry chickpeas over night in water.
2. Drain and rinse soaked chickpeas and place them in a large pot.
3. Cover chickpeas with 2 to 3 inches with cold water.
4. Cook over high heat and bring to a boil; lower heat and simmer, covered, until softened, about 1½ hours.
5. In a large bowl, mix together cooked chickpeas, red pepper, cilantro and raisins.
6. In a separate small bowl, whisk together dressing ingredients.
7. Add dressing to chickpea mixture and stir well. Let sit for 30 minutes to develop flavors or refrigerate to eat at a later time.
8. Add half of the mixture to each tortilla and top with one cup of baby spinach. Roll tightly and enjoy.

## Notes:

- Please use organic ingredients if possible