

B U F F A L O C H I C K P E A L E T T U C E C U P S

VEGAN | GLUTEN-FREE | DAIRY-FREE

Ingredients:

- 2 cans chickpeas, rinsed
- 1 cup carrots, shredded
- 4 sticks of celery, chopped
- 1 cup of yogurt, I used Cocolune's dairy free labneh dip
- 1/4 cup Franks RedHot
- 3/4 cup green onion, chopped
- 1 head romaine lettuce
- (Optional) crackers, I love Simplemills seedflour

Instructions:

1. In a bowl, smash chickpeas.
2. Add carrots, celery, yogurt, RedHot, 1/2 cup green onion (save the rest for garnish) to the same bowl and mix.
3. Spoon the mixture into the lettuce leaves, creating a taco-like wrap.
4. Garnish with a sprinkle of remaining green onions and extra RedHot.
5. Enjoy the chickpea mixture in a lettuce wrap or scoop with crackers.

Love,

Colie