

Green Burritos



Ingredients:

- 2 large chard, collard and/or kale leaves, rinsed and dry
- ½ avocado
- Juice from 1/2 lemon
- 1 cup carrots, chopped
- 1 cup tomatoes, chopped
- salt and pepper to taste
- 1/4 teaspoon chipotle spice (optional)
- 1 cup apple, chopped (optional)
- 1/2 cup chopped onion (optional)

1. Mix together avocado, lemon juice, salt and pepper until creamy.
2. Chop carrots, tomatoes and apples into small pieces. Stir into avocado mixture.
3. Lay the leaf flat. Remove the center stem from the leaf, cutting each leaf into 2 pieces.
4. Spoon filling into one end of each leaf. Roll.
5. Recipe may also be made with a whole wheat tortilla.

Enjoy!

Makes 4 servings

Adapted from: <http://www.rawmazing.com/raw-food-chard-roll/>