

Creamy Avocado and White Bean Taco

Avocados provide roughly 20 essential nutrients, including potassium, Vitamin E, B Vitamins, and fiber. Eating Avocados with other power-packed vegetables help the body absorb more fat-soluble nutrients, such as beta-carotene and lutein.

Avocados are also a satisfying spread, topping, a great addition to a rich and creamy smoothie or soup and even in baking.

Why not eat a half of an avocado, seed out, with your favorite sauerkraut and like a taco!!

Ingredients:

- 1 Avocado, mashed
- 1 can White Beans, mashed
- 2 Tbsp. Onions, minced
- 1 small Carrot, grated
- ¼ c. Sauerkraut
- ½ tsp. toasted Cumin seed
- sea salt and pepper to taste
- 1 tbsp. Parsley, fresh chopped
- 2 tsp. Olive oil
- 1 tsp. Apple cider vinegar
- 2 Paleo Tortillas

Method:

1. Mix grated carrots with oil, vinegar, cumin, salt and pepper.
2. Working on a sheet of foil or parchment - Spread a layer of mashed avocado on a warmed wrap.
3. Add a layer of smashed beans on top.
4. Top with carrot salad, sauerkraut and parsley.
5. Roll tightly and slice on the bias.