Lentil and Guac Tacos

Dean and Aileen

Servings: about 5 tacos

Ingredients:

- Organic Sprouted Whole Grain Tortillas (soft taco size – we buy)
- Lentils (see recipe)
- Guacamole (see recipe or store bought)
- Salsa or pico (see recipes or store bought)
- Chopped cilantro

Directions:

Fill wrap with ingredients, eat with veggie side like sautéed spinach and fruit for dessert like sliced pineapple or a mixture of orange and grapefruit sections.