



You'll be happy to know that all of the mayos and dips in the B-well range are perfect for anyone following a vegan lifestyle as they're free from dairy and eggs.

Here's why this is an ingredient for better living:



## Smashed Chickpea and Avo Wrap

### Ingredients:

- + ½ tin chickpeas, rinsed and drained
- + ½ teaspoon ground cumin
- + ½ teaspoon ground coriander
- + ½ teaspoon lemon juice
- + 1 tablespoon B-well Original Tangy Mayonnaise
- + ½ ripe avocado, peeled and diced into chunks
- + 1 high fibre wrap

### Instructions:

1. Use the back of a fork to roughly mash the chickpeas.
2. Add spices, lemon juice, and mayonnaise.
3. Spread the chickpea/mayonnaise mixture evenly over the wrap, leaving a 2cm border around the edge.
4. Top with diced avocado, roll the wrap and enjoy!

### Lunchbox tip:

Roll the assembled wrap in parchment paper and secure both ends by tying it with twine or string.

### Serving Suggestion:

For added crunch, consider including almond flakes. Great for kids without nut allergies!

Pairing **fibre-packed** chickpeas with avocado and **B-well Original Tangy Mayonnaise** creates a nutritious blend of plant-based **protein** and **essential fats**. This combo supports steady energy levels, growing bodies, and digestive health in kids.

