PROTEIN POWDER vegan KETO BURRITO

1 serving your preferred low carb protein powder (I like pea protein for this as it really makes 2 burritos because it swells so much when wetted.)

1/3 avocado, mashed

flavorings: garlic, Italian herbs, cumin, chipotle are my faves.

low-carb tomato sauce --enough to turn the protein powder into a thick paste

1 coconut wrap or other raw veggie wrap (I love [Wrawps](https://thrivemarket.com/p/wrawp-original-wraps))-gently heat as you would a tortilla to make it more pliable for wrapping.

Mash 1st 4 ingredients into a dry-ish paste, similar in texture to cooked hamburger for a burrito. Put about ½ into a warm raw wrap. Fold wrap. Enjoy!

Oriental Flavor Variation:

1 serving protein powder

1/3 avocado, mashed

Juice of ½ lemon or lime—add more if needed for consistency

1 T of gluten-free tamari sauce

Flavorings: Curry, ginger, cilantro