

Chopped Salad Pitas

2 SERVINGS 10 MINUTES



INGREDIENTS

1 cup Chickpeas (cooked)
1 cup Cherry Tomatoes (sliced into quarters)
1/4 Cucumber (chopped)
1/4 tsp Sea Salt
1 Whole Wheat Pita (halved)
1/4 cup Unsweetened Coconut Yogurt

DIRECTIONS

- 01 In a bowl, combine the chickpeas, tomatoes, cucumber and salt. Adjust salt as needed.
- 02 Gently open each pita half to create a pocket. Evenly spread a thin layer of yogurt inside each pita pocket.
- 03 Stuff the pita pockets with the chickpea mixture. Enjoy!

NUTRITION

AMOUNT PER SERVING

Calories	251	Carbs	46g
Fat	4g	Protein	11g