



B Free Wraps

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Breakfast

- 2 2/3 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1/2 tsp Garlic Powder
- 1/3 tsp Paprika
- 1 tsp Smoked Paprika
- 1/4 tsp Turmeric

Vegetables

- 1/2 stalk Celery
- 2/3 head Green Lettuce
- 1 1/3 stalks Green Onion
- 1 1/4 cups Mixed Greens
- 3/4 Red Bell Pepper
- 2 2/3 tbsps Red Onion
- 1/4 Sweet Onion
- 2 1/2 Tomato

Boxed & Canned

- 1 cup Black Beans
- 2 1/3 cups Chickpeas
- 1 cup Crushed Tomatoes
- 1 cup Lentils

Baking

- 1 tbsp Nutritional Yeast

Bread, Fish, Meat & Cheese

- 12 units B Free Gluten-Free High Protein Wraps
- 4 ozs Tempeh
- 14 ozs Tofu

Condiments & Oils

- 1 tbsp Avocado Oil
- 1 1/2 tsps Balsamic Vinegar
- 2 tbsps Barbecue Sauce
- 2 2/3 tsps Dijon Mustard
- 1 tbsp Hot Sauce
- 2 2/3 tbsps Pickle
- 1 tbsp Soy Sauce
- 1 tbsp Tamari
- 2 2/3 tbsps Vegan Mayonnaise
- 1 3/4 tbsps Yellow Mustard

Cold

- 1/3 cup Hummus
- 2 1/2 ozs Vegan Cheese Shreds

Other

- 2 tbsps Water



Tempeh, Lettuce & Tomato Sandwich Wrap

2 servings
40 minutes

Ingredients

- 1 tbsp Tamari
- 1 1/2 tsps Balsamic Vinegar
- 1/2 tsp Smoked Paprika
- 4 ozs Tempeh (cut into thin slices)
- 2 tsps Dijon Mustard
- 2 units B Free Gluten-Free High Protein Wraps
- 3/4 cup Mixed Greens
- 1 Tomato (small, sliced)

Nutrition

Amount per serving	
Calories	236
Fat	9g
Carbs	16g
Fiber	-1g
Sugar	1g
Protein	24g
Cholesterol	0mg
Sodium	698mg
Vitamin A	1113IU
Vitamin C	10mg
Calcium	77mg
Iron	2mg

Directions

- 1 Preheat the oven to 375°F (190°C). Line a baking sheet with parchment paper.
- 2 In a zipper-lock bag or shallow bowl, mix the tamari, balsamic vinegar and paprika. Add in the tempeh and let it marinate for 10 to 15 minutes.
- 3 Arrange the tempeh in an even layer on the baking sheet. Bake for 18 to 20 minutes, flipping halfway through. Remove from the oven and set aside.
- 4 Spread the mustard on the wrap and add in the mixed greens, tomato, and tempeh. Roll up the wrap. Enjoy!

Notes

Leftovers: This is best assembled before serving. Tempeh can be prepared and cooked in advance and kept in the fridge for up to four days.

Serving Size: One serving is one sandwich.

Gluten-Free: Use gluten-free bread.

No Mustard: Use mayonnaise instead.



BBQ Shredded Tofu Wraps

2 servings
40 minutes

Ingredients

2 units B Free Gluten-Free High Protein Wraps
7 ozs Tofu
1 tbsp Avocado Oil
1 tbsp Soy Sauce
1/2 tsp Smoked Paprika
2 tbsps Barbecue Sauce
2 tbsps Water
1/2 cup Mixed Greens
1/2 Tomato (sliced)

Nutrition

Amount per serving	
Calories	287
Fat	16g
Carbs	18g
Fiber	0g
Sugar	7g
Protein	22g
Cholesterol	0mg
Sodium	746mg
Vitamin A	738IU
Vitamin C	5mg
Calcium	298mg
Iron	3mg

Directions

- 1 Preheat your oven to 350F. Line with parchment paper or lightly grease a large baking sheet.
- 2 Use the large side of a cheese grater to grate the block of tofu into shreds. Set aside.
- 3 Mix the oil, soy sauce and paprika in a large bowl. Add the shredded tofu, and use a spatula to gently toss to evenly coat the tofu in the seasonings.
- 4 Spread the tofu evenly over the prepared pan. Bake for 28 - 33 minutes, stirring the tofu halfway through, until the tofu is browned.
- 5 Heat the BBQ sauce and water in a pan, and then stir in the baked tofu. Serve in wrap with lettuce and tomato. Enjoy!



Vegan Egg Salad Wrap

2 servings
10 minutes

Ingredients

2 units B Free Gluten-Free High Protein Wraps
7 ozs Tofu
2 2/3 tbsps Vegan Mayonnaise
1 tbsp Nutritional Yeast
1/4 tsp Turmeric
1 tsp Yellow Mustard
1/4 head Green Lettuce
1/2 Tomato
1 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	366
Fat	25g
Carbs	16g
Fiber	1g
Sugar	1g
Protein	24g
Cholesterol	0mg
Sodium	440mg
Vitamin A	637IU
Vitamin C	5mg
Calcium	412mg
Iron	3mg

Directions

- 1 To make the vegan egg salad, mash the tofu with a potato masher.
- 2 Add the tofu to a large bowl along with the vegan mayonnaise, nutritional yeast, yellow mustard and turmeric. Gently mix.
- 3 Create wraps with a lettuce leaf and tomato and then follow with a generous serving of the vegan egg salad along with the cheese.



"No-Tuna" Salad Wrap

2 servings
10 minutes

Ingredients

2 units B Free Gluten-Free High Protein Wraps
1 1/3 cups Chickpeas
2 tbsps Hummus
2/3 tsp Dijon Mustard
2 tps Maple Syrup
2 2/3 tbsps Red Onion (diced)
1/8 stalk Celery (diced)
2 2/3 tbsps Pickle (diced)
1 oz Vegan Cheese Shreds
1/2 Red Bell Pepper (sliced)

Directions

- 1 Place the chickpeas in a mixing bowl and mash with a fork, leaving only a few beans whole.
- 2 Add hummus, mustard, maple syrup, red onion, celery, pickles to mixing bowl. Mix to incorporate. Taste and adjust seasonings as needed.
- 3 Scoop a healthy amount of the chickpea mixture onto the wrap, along with red peppers and top with vegan cheese. Fold. Toast in the air fryer for 400 F.

Nutrition

Amount per serving	
Calories	390
Fat	12g
Carbs	51g
Fiber	9g
Sugar	11g
Protein	22g
Cholesterol	0mg
Sodium	498mg
Vitamin A	1004IU
Vitamin C	41mg
Calcium	201mg
Iron	4mg



Buffalo Chickpea Salad Wrap

2 servings
10 minutes

Ingredients

2 units B Free Gluten-Free High Protein Wraps
1 cup Chickpeas (canned)
1/3 stalk Celery (chopped)
1/3 Red Bell Pepper (chopped)
1 1/3 stalks Green Onion (chopped)
1/4 cup Hummus
1 tbsp Hot Sauce
1/3 tsp Paprika
1/4 head Green Lettuce

Directions

- 1 In a medium bowl, mash chickpeas with a fork or potato masher until all are mashed, leaving a bit of texture.
- 2 Add celery, green onions, bell pepper, hummus, hot sauce and paprika. Mix until ingredients are completely combined.
- 3 Spread into the wrap. Add lettuce leaf. Enjoy!

Nutrition

Amount per serving	
Calories	317
Fat	11g
Carbs	37g
Fiber	7g
Sugar	5g
Protein	21g
Cholesterol	0mg
Sodium	414mg
Vitamin A	1411IU
Vitamin C	28mg
Calcium	65mg
Iron	3mg



Veggie Sloppy Joe Wraps

2 servings

4 hours

Ingredients

2 units B Free Gluten-Free High Protein Wraps
 1/4 Sweet Onion (finely diced)
 1 cup Lentils (cooked, drained and rinsed)
 1 cup Black Beans (cooked, drained and rinsed)
 1/2 tsp Garlic Powder
 1 1/2 tbsps Yellow Mustard
 2 tbsps Maple Syrup
 1 cup Crushed Tomatoes
 1/2 Tomato (sliced)
 1/8 head Green Lettuce
 1/2 oz Vegan Cheese Shreds

Nutrition

Amount per serving	
Calories	459
Fat	6g
Carbs	76g
Fiber	17g
Sugar	21g
Protein	30g
Cholesterol	0mg
Sodium	533mg
Vitamin A	800IU
Vitamin C	19mg
Calcium	177mg
Iron	7mg

Directions

- 1 Heat 2 tbsp water in a saucepan over medium heat. Add onion, stirring frequently, until vegetables soften (about 3-5 minutes).
- 2 Add lentils, black beans, garlic powder, yellow mustard, maple syrup and crushed tomatoes. Bring to a boil and then simmer for 20 minutes, with the lid on. Stir frequently.
- 3 Once bean mixture is cooked, spread on wrap and top with lettuce, tomato and vegan cheese. Roll up and enjoy!

Notes

Meat Lover: Swap out the lentils for ground meat. Replace 1 can of lentils with 1 lb of extra lean ground meat. Follow step 1 then set the ground meat on top to cook. Before eating, remove the lid and break the ground meat up with a spatula and stir well to mix.

Next Level Sloppy Joes: Add cheese, avocado, pickles, onions and/or cashew sour cream.

Repurpose Leftovers: Leftovers can be served on brown rice tortilla as a pizza, or with brown rice tortilla chips for dipping, with sweet potato toast or as a bowl with some quinoa and greens.