

Vegan “Tuna” Salad

Prep time:	10-15 minutes.
Cook time:	No cooking required.

Ingredients:

- 1 can of garbanzo beans drained.
- 1-3 tablespoons of vegan mayonnaise.
- 1 tablespoon of mustard.
- 1 rib of celery chopped.
- 1/4 of a red onion.
- Season to taste.
 - Salt and pepper.
 - Garlic powder.
 - Paprika
 - Old bay seasoning.
- Tortillas or bread.
- Romaine lettuce.
- Avocado.

Process:

- Mash chickpeas in a large mixing bowl.
- Add in the mayonnaise and mustard as well as the seasonings you choose.
- Mix everything together with a fork.
- Refrigerate mixture for at least 30 minutes.
- Assemble wrap/sandwich.

Other Notes:

- You can use a food processor if you want a finer mixture.
- You can also use whatever seasonings you want. You can adjust the mayo/mustard mixture also.