

Vegan Lettuce Wraps

Prep Time: 15 Min Total Time: 15 Min
Serves 1

Ingredients

2 Tbsp. Tamari (I tried to sub with turmeric and I do NOT recommend that, stick with tamari)

1 1/4 tsp. Garlic Powder

1/2 tsp. Ginger Powder

Dash White pepper

1 1/2 Scoops Pea Protein powder

Apple chopped in food processor

Butter crunch or romaine lettuce leaves

Water

Instructions

- 1 Put Tamari, garlic powder, ginger powder, pepper and protein powder in bowl and mix well with fork.
- 2 Slowly add water, until you reach the thickness you desire.
- 3 Blend with chopped apples and roll in lettuce leaves.

Notes

If you do not have a food processor, then chop the needed items as fine as you can.

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