



The health benefits in the recipe's ingredients will vary with each individual and depend heavily upon each person's level of commitment to make healthy life-style choices on a consistent basis.

## Ingredients (Snack Size-Serves 2)

- 10 inch whole wheat tortilla
  - \*May replace this w/large romaine lettuce leaf
- 1/2 avocado-sliced
- 1 boiled egg-chopped
- 1/4 cp shredded lettuce (*the darker the better*)
- 2 TBSP Plain Greek Yogurt
- 1 TBSP Chick Peas (*drained and rinsed*)
- 1/2 tsp red onion-chopped
- Dash of salt & pepper

Mix all ingredients together, then spread over tortilla or lettuce leaf  
...roll up w/ingredients inside. Slice in half and enjoy!

## THE AVOCADO

**High in Vitamin K:** Assists with bone, heart, eye & cognitive health

**High in Folate:** This 'B-Vitamin' is naturally present in many foods and assists the body with DNA production and has been shown to help prevent cognitive decline.

Folate has also been connected to a reduction in symptoms related to depression in many studies.

**A 3.5-ounce serving provides the following :**

- More potassium than bananas
- Monounsaturated fatty acids...

*(necessary for both heart and brain health)*

- A significant amount of fiber

## MORE BENEFITS FROM THE AVOCADO

**Vitamin C:** Contains 17% of RDA

- One of the safest and most effective vitamins
- Strengthens the immune system; improving overall quality life
- Has been shown to help protect the body from cardiovascular disease as well as certain diseases that affect the eyes
- Some research studies reveal that it may even help reduce skin wrinkling

*"Higher blood levels of vitamin C may be the ideal nutrition marker for overall health,"* says study researcher Mark Moyad, MD, MPH. (University of Michigan) According to Dr. Moyad, vitamin C is quite diverse in the role it plays in protecting individuals from cardiovascular disease, cancer, stroke, eye health, and more. Vitamin C boost the immune system, which contributes to a longer and healthier life.

## **Benefits of the Egg**

### **Contains Selenium: 22% of the RDA**

#### Science-Based Health Benefits

- Acts as a powerful antioxidant
- Has been shown to reduce the risk of certain cancers
- Helps protect against heart disease
- Can help reduce symptoms related to mental decline
- Is important for thyroid health
- Has been shown to reduce asthma symptoms
- Strengthens the immune system

## **More Benefits of the Egg**

### **Contains Vitamin B2: 15% of the RDA**

(Also referred to as 'Riboflavin')

B-2 is necessary for our overall health.

This vitamin helps the body break down carbohydrates, proteins and fats in order to produce energy, and helps ensure our oxygen is used efficiently. Eggs contain smaller amounts of other B vitamins as well: B5, B12, B2, B6

## **Benefits of Chick Peas**

- A good source of fiber, which helps improve digestion
- Has been shown to assist with weight management
- High in protein, providing energy to the body
- The high amounts of protein help strengthen bones
- Protein keeps the body feeling full and satisfied

Fiber: 2 grams

Protein: 3 grams

Folate: 12% of the RD

Iron: 4% of the RDI

Phosphorus: 5% of the RDI

Copper: 5% of the RDI

<https://www.healthline.com/nutrition/chickpeas-nutrition-benefits>

## **More Benefits of Chick Peas**

**Contains Manganese: 14% of the RDI**

- This is an antioxidant function: superoxide dismutase (MnSOD) (the principal antioxidant enzyme in the mitochondria)
- Assist with metabolism, bone health, wound healing, osteoporosis, and diabetes, (by assisting with blood sugar regulation)
- Its strong antioxidant properties can help reduce the risk of disease
- Helps reduce inflammation, a major cause of arthritis and other age-related diseases