Avocado Hemp Seed Collard Wraps

Fresh collard greens filled with creamy avocado, crunchy hemp seeds, and protein-packed ingredients for a low-carb, high-protein meal perfect for weight loss and muscle maintenance.

Servings: 2 **Time:** 15 minutes

Ingredients

- 4 large collard green leaves
- 1 ripe avocado (about 7 oz), peeled and mashed
- 2 tbsp hemp seeds
- 1/4 cup cooked chicken breast, shredded
- 1 small cucumber, thinly sliced
- 1/4 cup shredded carrot
- 1 tbsp fresh lemon juice
- 1/2 tsp garlic powder
- Salt and pepper to taste
- 1 tbsp olive oil

Instructions

1. Wash and pat dry the collard green leaves. Trim the thick stem from each leaf to make wrapping easier.
2. In a bowl, combine mashed avocado, lemon juice, garlic powder, salt, and pepper. Mix well.
3. Add shredded chicken, hemp seeds, cucumber slices, and shredded carrot to the avocado mixture. Stir gently to combine.
4. Lay each collard leaf flat on a clean surface. Spoon an equal amount of the filling mixture onto the center of each leaf.
5. Fold in the sides of the collard leaves and roll tightly to form wraps.
6. Heat olive oil in a skillet over medium heat. Lightly toast the wraps for 1-2 minutes per side to warm and slightly soften the leaves.
7. Serve immediately or wrap in foil for an easy on-the-go meal.

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