

Southwest Chili and Corn Muffins (half recipe)	Mexican Pizza (half recipe)	Chickpea Wrap (half recipe)
<i>0.25 cup(s) whole grain bread crumbs</i>		
<i>pickles</i>		
<i>cajun seasoning</i>		
<i>0.5 tsp chili powder</i>		
<i>coconut oil</i>		
<i>coconut spray oil</i>		
<i>0.25 tsp ground cumin</i>		