

<b>Chickpea Wrap (half recipe)</b>	<b>Chickpea Wrap (standard recipe)</b>	<b>Chickpea Wrap (double recipe)</b>
1 bell pepper(s) (yellow)	1 bell pepper(s) (yellow)	2 bell pepper(s) (yellow)
1 carrot	1 carrot	2 carrot
1 bulb garlic	1 bulb garlic	1 bulb garlic
1 onion(s) (yellow)	1 onion(s) (yellow)	2 onion(s) (yellow)
1 sweet potato(es)	1 sweet potato(es)	2 sweet potato(es)
1 package(s) Ezekiel tortillas	1 package(s) Ezekiel tortillas	1-2 package(s) Ezekiel tortillas
1 (15 oz) can(s) chickpeas	1 (15 oz) can(s) chickpeas	2 (15 oz) can(s) chickpeas
4 oz sun-dried tomatoes	8 oz sun-dried tomatoes	16 oz sun-dried tomatoes
<i>0.5 Tbsp coconut oil</i>	<i>1 Tbsp coconut oil</i>	<i>2 Tbsp coconut oil</i>
<i>0.125 tsp cayenne</i>	<i>0.125 tsp cayenne</i>	<i>0.5 tsp cayenne</i>
<i>0.5 tsp cumin</i>	<i>1 tsp cumin</i>	<i>2 tsp cumin</i>
<i>0.25 tsp red pepper</i>	<i>0.5 tsp red pepper</i>	<i>1 tsp red pepper</i>
<i>black pepper</i>	<i>black pepper</i>	<i>black pepper</i>
<i>(don't forget) greens</i>	<i>(don't forget) greens</i>	<i>(don't forget) greens</i>