



Southwest Chili and Corn Muffins (standard recipe)	Mexican Pizza (standard recipe)	Chickpea Wrap (standard recipe)
<i>0.5 cup(s) whole grain bread crumbs</i>		
<i>pickles</i>		
<i>cajun seasoning</i>		
<i>1 tsp chili powder</i>		
<i>coconut oil</i>		
<i>coconut spray oil</i>		
<i>0.5 tsp ground cumin</i>		