

RAW TACOS

Prep Time: 5 Minutes

Raw Taco Recipe:

1-1/2 cups raw walnuts - soaked for 1-2 hours
1-1/2 tsp ground cumin
3/4 tsp ground coriander
2 tsp Nama Shoyu
pinch of cayenne
Romaine leaves
Sliced tomatoes
Sliced avocado

Instructions:

Soak raw walnuts for 1-2 hours in distilled or ionized water. Be sure to allow the nuts to dry out prior to making this or towel dry them if you are in a hurry. If they are too wet then the mix gets gooey and gross.

Mix all ingredients in food processor (except: romaine, tomatoes and avocados) and serve on romaine leaves with sliced tomatoes and sliced avocados.

The final mix should look like fried ground round so don't let the food processor go for too long or the mix will be too fine.

Variations:

Feel free to play with the ingredients once you have made it a couple of times and you understand the mix. Make it spicier, or not! Just remember to not mess up the moisture content of the mix while you are playing with other ingredients.

CHEATS:

Soak plenty of walnuts well in advance, allow them to dry for a few hours in a colander on the countertop and then put them in a freezer bag and freeze them. You can now just pull out the necessary amount for your recipe and can literally be eating in under 5 minutes!

We get our produce from:



www.freggies.com

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