



Vegan Ceviche

LIGHT FOOD

Mushroom Ceviche (Earth, Wind, Water, and Fire)

2 cups Maitake mushrooms broken up into 1 inch pieces

1 can Hearts of palm

½ cup Cherry tomatoes cut in half

½ cup Red onion diced small (you can use less if desired)

1-2 ripe (red or orange) jalapenos chopped small

1 bunch of chopped cilantro

3 limes or lemons (your choice)

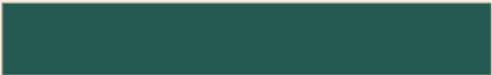
1 package of small seaweed snacks

2 Tablespoons of Olive oil

Sea salt to taste

Instructions

1. Get your Maitake mushrooms and add the juice of 1 lemon, 3 pinches of salt, toss and set aside, let sit for at least 15 minutes.
2. Open the can of Hearts of Palm, strain and cut into thin half circle shapes and add to the mushrooms.
3. Add the rest of the ingredients, mix well and add any salt to taste if needed. You can eat this ceviche with chips, tostadas, or with cabbage cups.



WELLNESS CONSULTS
WITH PERSONALIZED
RECIPES