

RAW WRAPS

with Tim James

Meal Kit / Ingredients

Feeds 4 People

2 heads of Romaine Lettuce
1 Lily's Garlic Hummus
1 Original Bitchin Sauce
1 bag Sprouts
1 jar Bubbie's Sauerkraut
1 large Avocado (or two small)
2 Cucumbers (two small or one large)
2 Bell Pepper
2 Tomatoes (two small or one large)
1 bunch of Green Onion
1/2 oz Dulse
1/2 oz Cumin

This recipe feeds 4 adults and you will have leftovers. We do not offer it in smaller packages because you would still have to buy some of the more expensive items like sauerkraut and "b" sauce and it wouldn't reduce the cost that much. So we do it in a big package so you get your monies worth for one big meal or multiple small meals.

Aila's Dressing or dressing of choice (optional – ingredients and instructions provided upon request)

Instructions

Wash produce, slice cucumbers, bell peppers, & green onions long and thin. Spread your hummus/bitchin sauce onto romaine lettuce leaf, place a few slices of each veggie on top of the hummus/bitchin sauce, layer sprouts, sauerkraut, dulse, cumin, and dressing. Wrap up like a burrito or however possible. This will be very messy, be sure to use napkins. Add some baked tofu, edamame, or beans for extra protein.