

RAW WRAPS

with Tim James

Meal Kit / Ingredients

Feeds 4 People

2 Collard green leaves or Romaine leaves

1 Lily's Garlic Hummus (garlic)

1 Original Bitchin Sauce

1 bag Sprouts

1 container Jen's Garden Microgreens

1 jar Bubbie's Sauerkraut

2 Cucumbers

2 Bell Pepper

2 Tomatoes (medium size)

1 bunch of Green Onion

1/2 oz Dulse

1/2 oz Cumin

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 collard green 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.