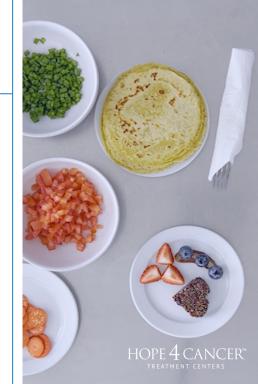
# **Sweet Potato Tortillas**

These tortillas are a great substitute for typically flour or corn tortillas because they are high in fiber and are a low carbohydrate alternative!

#### **INGREDIENTS**

- · 1 cup cassava, almond, or cashew flour
- · 1 cup cooked sweet potato
- 1/4 teaspoon olive oil

- Peel sweet potato, chop, and boil (be careful not to overcook you want it to mash but not be mush)
- 2. Once sweet potato is boiled, drain and let dry
- 3.In a food processor, add the olive oil, flour, and sweet potato and process until it forms a consistent dough
- 4.Once the dough is ready, form the dough into balls. Lightly flour a hard surface, then roll out balls using a rolling pin to form thin circles
- 5.Turn frying pan on medium / high heat and fry the tortilla in the pan until it is slightly browned on each side (careful not to overcook as they will become stiff!)



# **Black Beans**

If you don't have time to soak beans overnight, cover the dry beans with at least an inch of boiling water and soak for 1 hour. You can also opt to use low sodium organic canned black beans.

### **INGREDIENTS**

- 1 cup dried black beans
- 1 TBSP olive oil
- 1 tsp cumin

- ½ chopped white onion
- · 4-5 cloves minced garlic

- 1.Cover black beans by about 2 inches of water and let soak overnight 2.When finished soaking, drain beans
- 3. Heat one TBSP olive oil in a large thick-bottomed pot on medium heat
- 4.Add cumin to the pot. Once sizzling, add the chopped onion. Cook for 5 minutes or until translucent. Add the minced garlic and cook for a minute more
- 5. Add beans and 10 cups of water to the pot and bring to a simmer. Partially cover the pot and maintain the simmer for 2 hours
- 6.After 2 hours, add the cooked black beans and leftover liquid to a frying pan on low/medium heat. Use a potato masher to mash the beans in the pan and let cook for 3-4 more minutes
- 7. If beans are a little soupy for your taste, allow them to cook longer. If too thick or dry, add more water. Adjust seasonings to taste!

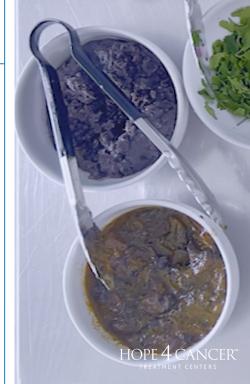


# **Mushrooms**

### **INGREDIENTS**

- 1 package mushrooms (any variety)
- 1 TBSP coconut oil
- 1/2 tsp Himalayan sea salt
- 1 TBSP chopped cilantro
- 1/4-1/2 small white onion, minced
- 3-4 cloves minced garlic
- 1/2 tsp smoked paprika

- 1. Add coconut oil to a medium size frying pan on medium / high heat. Add onions and cook until translucent (2 - 3 minute), then add garlic and cook for another minute
- 2. Add mushrooms, smoked paprika, and Himalayan sea salt and stir
- 3. Cook until mushrooms are tender and adjust seasoning to taste



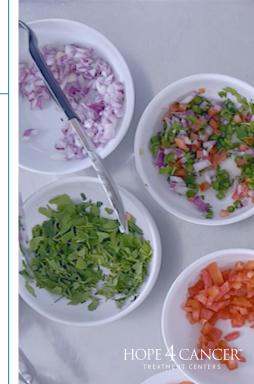
# Cactus Pico de Gallo

If you don't have access to cactus or nopal, try substituting green beans or okra in this recipe!

### **INGREDIENTS**

- 1/3 cup diced cactus/Nopal
- ½ cup diced red onion
- 1 TBSP chopped cilantro
- 1/4 cup diced tomatoes
- 1/2 TBSP lemon juice (add more to taste)

- 1. Combine all ingredients in a bowl and stir
- 2. Taste to see if more lemon juice is needed for your preference
- 3. Add to our Vegan Black Bean & Mushroom Tacos



# **Vegan Tacos**

## **INGREDIENTS**

- · Sweet potato tortillas
- · Black beans
- Mushrooms
- · Cactus pico de gallo

- 1. Take your Sweet Potato Tortilla and place a portion of the cooked beans in the tortilla
- 2. Add cooked mushrooms to tortilla
- 3. Add Cactus Pico De Gallo to tortilla
- 4. Enjoy!



# **Berry Salad**

This recipe is rich in antioxidants and phytonutrients from the various fruits as well as healthy fats from the dressing and cashews!

#### **INGREDIENTS**

- · Approx. 2 cups baby spinach
- 1/4 cup roasted cashews
- 1/4 cup blueberries
- ½ cup strawberries
- ½ cup peaches
- · 1 cup olive oil
- 1/4 cup balsamic vinegar

- Mix olive oil and balsamic vinegar together with a fork or a shaker and set aside for dressing
- 2. Add baby spinach to a plate or bowl
- 3. Layer fruit and cashews on top
- 4. Add 2-3 TBSP of dressing to the salad
- \*A little bit of dressing goes a long way on this salad. Store extra dressing in the fridge to add over other salads or vegetables!

