

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
- ¼ teaspoon olive oil

INSTRUCTIONS

1. 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
- 1/2 chopped white onion
- 4-5 cloves minced garlic

INSTRUCTIONS

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

INSTRUCTIONS

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

- ⅓ cup diced cactus/Nopal
- ¼ cup diced red onion
- 1 TBSP chopped cilantro
- ¼ cup diced tomatoes
- ½ TBSP lemon juice (add more to taste)

INSTRUCTIONS

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

INSTRUCTIONS

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
- 1/4 cup strawberries
- 1/4 cup peaches
- 1 cup olive oil
- 1/4 cup balsamic vinegar

INSTRUCTIONS

1. 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!

