

# Lettuce wrap tacos

## Wrap & Topping Ingredients:

- 1 head of green leaf lettuce or other large, flexible greens
- 1 avocado, sliced and removed from skin
- 1 – 2 tomatoes, sliced into strips

## Taco Meat Ingredients:

- 1 1/2 cups total \*soaked almonds and pecans (you can also use a sunflower seeds and walnut combo).
- 2 1/2 tbsp taco seasoning
- 1 tsp salt
- 1 cup carrots, chopped
- 1 cup celery, chopped
- 1/4 cup onion, chopped
- 1/4 cup green pepper, chopped



## Instructions:

1. \* If using almonds, soak in water for 12 hours, if using walnuts, pecans or sunflower seeds, soak  
  
in water for 6 – 8 hours. Rinse and strain off water. You can also use fully prepared nuts (soaked **and dehydrated**) if that's hat you ha e on hand.
2. Make taco meat by putting all meat ingredients in a food processor and process until mixture is crumbly and sticks together slightly, almost like a pâte.
3. Prepare the wraps by laying a large lettuce leaf open on a flat surface.
4. Fill the lower, more rigid half of the leaf with some taco meat, then add a slice each of avocado and tomato on top.
5. Roll the wrap by folding in the sides like a burrito, and then fold the empty top half of the leaf over and wrap the excess leaf around to the wrap.
6. Secure with string and enjoy!