

Raw Vegan “Tuna” Salad

Ingredients:

- 1/3 cup raw pine nuts (soaked cashews or macadamia nuts can be used)
- 1/4 cup water
- 1 Tbsp. raw miso
- 1 Tbsp. mustard powder
- 1 Tbsp. raw apple cider vinegar
- 1 tsp. maple syrup or raw honey
- 1 Tbsp. nutritional yeast
- 1 Tbsp. chopped onion
- 1 stalk celery chopped
- 1/2 small apple chopped
- 1/2 cup soaked, sprouted chickpeas (should be al dente texture)



Raw Vegan “Tuna” Salad Instructions:

1. In food processor, pulse chickpeas until slightly creamy with small chunks of chickpeas and empty into separate bowl.
2. Chop onion, celery and apple and mix with chickpeas.
3. In food processor, blend pine nuts, miso, water, vinegar, nutritional yeast and agave until smooth.
4. Add dressing to chickpea mixture and stir to combine.

Raw Vegan “Tuna” Wrap Ingredients:

- 1 collard green leaf
- 1/4 cup mixed sprouts
- 1/4 of cucumber, Julienne
- 1/2 small pepper, Julienne
- 1 carrot, grated
- 5 cherry tomatoes, halved
- raw sunflower seed, hemp seeds, or raw nuts
- 3 scoops of tuna salad
- Paprika (optional)

Raw Vegan “Tuna” Wrap Instructions:

- Mix everything but collard green leaf in a bowl until moist.
- Cut off stem of collard green.
- Place veggie mix in top of collard green leaf and roll like a burritos.