

Recipe Details

Recipe Name - Raw Vegan Tacos

Recipe Steps -

Ingredient

- 1 cup raw sunflower seeds
- 1/4 cup sundried tomatoes
- 1 teaspoon apple cider vinegar
- 1 teaspoon tamari and 1/4 tsp of salt or 1 1/4 tsp tamari if you are salt-free
- 1 teaspoon chili powder
- 1/2 tsp paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1/4 tsp turmeric
- 1/8 teaspoon cayenne pepper
- Black pepper to taste

Tacos and topping ideas

- 8 romaine or butter lettuce leaves (these are the shells, if you are not raw, use in tortillas shells of your choice, see below for more ideas)
- Avocado
- Guacamole
- Tomatoes
- Jalapeño
- Raw cheese sauce
- Raw sour cream
- Cilantro

Instructions

- 1. Pulse all of the taco-filling ingredients together in a food processor until the sunflower seeds are ground and the sundried tomatoes are chopped. The mixture should look like a coarse meal and stick together well
- 2. Assemble the tacos, and place the sunflower seed meat into each lettuce leaf. Top each with endless toppings such as avocado, tomatoes, jalapeno, cheese sauce, sour cream, and cilantro
- 3. Enjoy

Note: You can use the taco filling over nachos, place it on corn tortillas, use it in rice bowls, use it to make tostadas, etc. While this recipe is geared toward a raw meal, you can enjoy this taco filling in many ways.



