



60 Days to Reclaim YOUR Health

RAW WRAPS OR TORTILLAS

Ingredients

5 cups chopped mixed veggies (zucchini, tomato, celery, carrot, cucumber, spinach, or others)
3 Tbsp finely chopped shallot
2 tsp fresh lemon juice
1 Tbsp fresh orange juice
1 large clove garlic
2 Tbsp olive oil
1 tsp raw honey
1/2 - 1 tsp sea salt
pinch of cayenne (optional)
2 Tbsp chopped fresh cilantro
1/4 to 1/2 cup ground golden flax seeds
Spices of your choice (cumin, coriander, chili powder, cinnamon, etc.)*
*For falafel wraps: 1 tsp cumin, 1/4 tsp cinnamon, and 1 tsp coriander

Directions

1. Blend all ingredients (except golden flax seeds) in high-speed blender and pour mixture into large bowl.
2. Add ground golden flax seeds and mix well.
3. Spread 2 1/2 to 3 cups of the mixture on non-stick sheets over mesh trays and dehydrate at 105 degrees for 6-8 hours, then flip over for another 1/2 to one hour. Make sure they are still flexible for wrapping.

Use for many types of fillings. Place filling along front of wrap, roll wrap once over filling, tuck sides in and continue rolling. Cut wrap in two on the diagonal.

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NUTTY FALAFELS

Ingredients

2 cups raw almonds, soaked for 8-10 hours	1 Tbsp olive oil
2/3 cup fresh parsley	2 1/2 tsp cumin powder
5 Tbsp freshly squeezed lemon juice	1 tsp sea salt
3 Tbsp raw tahini (homemade is best: 2c. hulled sesame seeds, 1/2 c. olive oil, pinch of sea salt – blended)	2/3 cup water

Directions

1. Drain almonds and combine with parsley in food processor with S-blade until finely chopped.
2. Add rest of ingredients and process until well-mixed.
3. Form small balls and place on mesh trays to dehydrate 4-5 hours until crispy on the outside (will be moist on inside).
4. Serve on lettuce leaves or raw wraps with shredded carrots and a mixture of finely chopped parsley, cucumber and tomato.
5. Top with Lemon Tahini sauce (recipe below).
6. Warm in the dehydrator at 105 degrees for an hour if desired.

LEMON TAHINI SAUCE

Ingredients

3/4 cup raw tahini	1 Tbsp chickpea miso
5 Tbsp fresh lemon juice	1 pinch cayenne
1 clove garlic, pressed	1 tsp cumin powder
1 cup water	

Directions

1. Blend everything except water in high-speed blender or processor.
2. Mix on high speed and slowly add water until the thickness desired is reached.