



60 Days to Reclaim YOUR Health

PUMPKIN SEED PESTO

By Brendan Brazier, professional vegan tri-athlete and author

Ingredients

4 cups raw spinach
2 Tbsp pumpkin seeds
2 cloves garlic, peeled
4 Tbsp Udo's oil or flax oil
4 Tbsp balsamic vinegar
2 Tbsp fresh parsley (optional)

Directions

Process in a food processor to desired texture.
Keeps in the refrigerator for about 10 days.

COLLARD GREENS BUCKWHEAT WRAPS

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Ingredients

Collard green leaves
1 avocado
2 Roma tomatoes, sliced
1 cucumber, sliced
1 medium-sized beet, grated
2 strips dulse
1 cup buckwheat soaked overnight (or substitute cooked: To cook buckwheat, add 1/2 cup buckwheat to 1-1/2 cups water. Cooked buckwheat swells up and the yield is much higher than the soaked.)

Directions

1. Place all ingredients except dressing on the leaf of a collard, avoiding the edges.
2. Drizzle with Pumpkin Seed Pesto. Roll up and cut into desired length