



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.

