

Two simple tortilla wraps

Recipe



Dreaming of simple plant-based tortilla wrap recipes? Here they are. Nutritious and delicious.

Tortilla Wrap No. 1

Preparation time: 20 minutes

- sliced red cabbage
- baby spinach
- 1 zucchini, cut into strips with a potato peeler

- carrot hummus

Carrot Hummus

- ½ cup chickpeas
- 2 carrots, previously baked
- 1 tbsp tahini
- 1.5 tbsp lemon juice
- 1 clove of garlic
- ½ tsp caraway seeds
- a pinch of ground turmeric
- ½ tsp salt
- ¼ cup water
- 3 tbsp olive oil (plus some more for the topping, for the decoration)

Puree all the ingredients into a blender.

Tortilla Wrap No. 2

Preparation time: 20 minutes

- grated beetroot
- baby spinach
- zucchini, cut into strips with a potato peeler
- cashew spread

The Spread

- ½ cup cashews, previously soaked
- juice from ½ lemon
- 2 teaspoons yeast flakes
- 1 teaspoon mustard
- a pinch of ground turmeric

- a pinch of salt
- $\frac{1}{4}$ cup water