

Red Pepper & Tomato RawVegan Wrap with Mayonnaise and 2 Dipping Sauce Recipe



Red Bell Pepper & Tomato Wraps

Makes 4 trays

You'll need: food processor, high speed blender, dehydrator

Preparation time: 1 hour

Total time: approximately 12 hours

Ingredients:

4 red bell pepper

4 juicy tomato

2 zucchini (peeled)

1 avocado

3 tbsp psyllium husk

salt and pepper to taste

Blend everything until smooth. Spread evenly over teflex sheets. Dehydrate at 140°F about 1 and a half hour.

Decrease heat to 118°F and continue to dehydrate for another 10 hours (until dry but flexible).

Toppings:

iceberg lettuce

mixed baby salad leaves

red pepper

fresh cilantro

cherry tomato

shallot

chives

Mayonnaise

Ingredients:

2 cup cashew (soaked)

2 tbsp apple cider vinegar

4 tbsp olive oil

1- 1/2 tsp salt

1/2 cup water

Blend all ingredients until smooth.

Transfer into a glass jar and keep in the fridge.

Sesame Ginger dipping sauce

Ingredients:

2 tbsp apple cider vinegar
2 tbsp tamari (gluten-free soy sauce)
2 tbsp coconut nectar
2 tbsp olive oil
2 tbsp sesame oil
1 tbsp tahini (paste made from
ground, hulled sesame seeds)
1 tbsp freshly grated ginger

1 tbsp sesame seeds

Blend all ingredients until smooth.
Transfer into a glass jar and keep in the fridge.

Tahini dipping sauce

Ingredients:

1/2 cup tahini (paste made from
ground, hulled sesame seeds)
1/2 cup water
juice of 1/2- 1 lemon
1 tsp salt
1/4 tsp cumin powder
1 clove garlic

Blend all ingredients until smooth.
Transfer into a glass jar and keep in the fridge.

Enjoy!