

## Raw Vegan Mexican Fiesta

### Easy Taco Sauce;

#### *Ingredients:*

- 1 cup sundried tomato ( soaked )
- 1 + 1/2 cup fresh tomato ( chopped )
- 1/2 cup date ( soaked )
- 1/8 tsp chili powder
- 1/8 tsp ground cumin
- 1/2 tsp paprika powder
- 1/8 tsp cayenne pepper
- 1/2 tsp oregano
- 1/8 tsp garlic powder
- 1/8 tsp onion powder
- 1/2 tsp pink salt
- 1/8 tsp black pepper

#### *Ingredients for Mayonnaise;*

- 1 cup soaked cashew
- 1 tbsp apple cider vinegar
- 2 tbsp olive oil
- 1+ 1/2 tsp pink salt
- 1/4 + 1 tbsp cup filtered water

Blend all the ingredients until smooth.

Transfer into a glass jar and keep in the fridge.



*Ingredients for Taco Shells:*

Recipe makes 1 tray / 6 taco cups

2 cup zucchini ( peeled, chopped )

1 cup corn kernel

1 orange bell pepper

4 tbsp olive oil

1 + 1/2 tbsp psyllium husk

salt and pepper to taste

*Filling:*

cherry tomato, cucumber, avocado, parsley, cilantro leaves, orange pepper, rucicola, iceberg lettuce and fresh lime juice.

- Blend everything ( except psyllium husk ) until smooth.
- Remove mixture from food processor and pour into a large bowl.
- Next add in the psyllium husk and stir together until evenly combined.
- Spread evenly over dehydrator sheets.
- Dehydrate at 140°F for 2 hour
- Decrease heat to 118°F and continue to dehydrate about 6 hours. Remove dehydrator sheets.
- Cut wrappers into 2 long strips out of 1 sheet then cut again into 3 square.
- Place taco shells into a muffin paper cup and continue to dehydrate for another 6 hours or until dry.

*Ingredients for Burritos,*

Recipe make 2 tray, 4 burrito

3 cup zucchini ( peeled, chopped )

1 + 1/2 cup corn kernel

1 yellow bell pepper

1/2 cup ground flax seed

1 tbsp psyllium husk

4 tbsp olive oil

salt and pepper to taste



*Filling:*

walnut "meat", black beans, red, orange and yellow pepper, tomatoes, parsley, cilantro leaves, corn, shallot and green chili pepper.

- Blend everything ( except flax and psyllium husk ) until smooth.
- Remove mixture from food processor and pour into a large bowl.
- Next add in the ground flax, psyllium husk and stir together until evenly combined.
- Spread evenly over dehydrator sheets.
- Dehydrate at 140°F for 2 hour
- Decrease heat to 118°F and continue to dehydrate about 6 hours. Flip and remove dehydrator sheets.
- Continue to dehydrate for another 4 hours or until dry.

Enjoy!