

Crunchy Raw Wrap with Almond Sauce

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

Dip

- 1/4 cup tahini sauce (sesame paste)
- 2 tbsp almond butter
- 1 tbsp tamari sauce (gluten-free) or use coconut aminos if you have any issues with soy. NOTE: Tamari is fermented soy
- 1/2 tsp raw ginger root, shaved (more if you like)
- 1 garlic clove
- Juice from half a fresh lemon
- 1-2 tbsp filtered water just to thin out the consistency

Wrap

- 4-6 Rice paper wraps (Buy from Chinatown or a health food store -- the fewer ingredients, the better). Alternatively you could use a collard green.
- 1 red pepper
- 1 zucchini
- 2 carrots
- 2 spring onions
- 1-2 avocados
- 1/2 cup cilantro

Instructions:

1. Thinly slice (julienne) red pepper, zucchini, carrots, spring onions, avocado. Roughly chop cilantro. Boil filtered water. Pour water into a large baking dish about a 1/4 inch deep. This is the water to dip your rice wraps into. Follow the instructions on the package to make rice paper wraps pliable.
2. Place wrap on a plate and assemble wraps per photo. Roll/fold together like a tortilla wrap by folding up the bottom, rolling and folding the top. Easy peasy!
3. Place all the ingredients for the dip into a food processor or blender and combine until smooth. Give it a taste test. When I made this sauce, I didn't measure anything, so I'm doing my best to give you a basic idea of proportions. However, you can't really go wrong with these ingredients!