**Spinach Hummus Wrap**

Spinach Wrap – Hummus – Spinach – Tomato – Green Sauce – Avocado – Cucumber – Kalamata

**Bean Burritos**

Whole Wheat Wrap – Refried beans – Sour Cream – Salsa – Cilantro – Diced Tomatoes –

Veggie Meat – Onions

**Quesadillas**

Wraps – Onions – Cheese – Mushrooms – Tomato – Spinach – Artichokes – Green Sauce

# **Hummus**

4 c cooked **garbanzo beans**

¼ c **olive oil**

½ c **water**

4 cloves **garlic**

1 t **cumin**

1 ½ t **salt**

2 T **tahini**

2 T **nutritional yeast flakes**

½ c fresh squeezed **lemon juice**

In food processor or mixer blend the garbanzo with all the ingredients until smooth in consistency.

**Vegan coleslaw**

4 c **green cabbage**, shredded

2 c **red cabbage**, shredded

½ c **carrots**, shredded

Coleslaw Dressing

¾ c **vegenaise**

1 t **dijon mustard**

2 T **apple cider vinegar**

2 T **pure maple syrup**

**salt**to taste

Coleslaw sauce - In a small bowl, whisk the mayo, apple cider vinegar, mustard, maple syrup, salt.

Add the cabbage and carrots into a bowl. Pour the sauce the over vegetables mixture and toss well to combine. Finish with salt to taste.