

Spinach Wraps

I don't remember when wraps became popular but they've added another dimension to hand held culinary delights that I've grown to love. Using wraps to change up your menu is an easy way to bring ethnic tradition to simple veggies. Included in these recipes is the use of Bloomed Quinoa, a new raw food culinary technique. The addition of the quinoa is completely optional, the wraps will still taste great without it, but its addition brings a depth of texture and bumps up the protein to a whole new level. In addition, the use of culinary powders (spinach and tomato) bring the flavor quotient up and I hope you agree, these are worth inclusion in your weekly menu planning.

Yield: about 3¼ cups of mixture or about 10-13 (6) inch wraps

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2 batches of Green Giant Juice pulp

½ cup olive oil

1 cup coconut meat

2 Tablespoons Irish moss paste or equivalent amount kelp noodles

2½ cups spinach packed measure

2 cups Bloomed Quinoa

2 Tablespoons spinach powder

½ teaspoon onion powder

¼ teaspoon garlic powder

½ teaspoon ground pepper

½ teaspoon salt

¼-½ cup of water to blend

Blend all ingredients in a high speed blender *in the order listed*, utilizing as much water needed to blend.

Using a Paraflexx lined dehydrator tray and template as a guide, spread a heaping ¼ cup mixture for each wrap round.

Spinach Wraps concludes

Using a small offset spatula, spread the mixture flat and smooth so that it fills out the entire round evenly.

If not using a template: use ¼ cup measure of mixture for each 6 inch tortilla and spread evenly (about 1/8 inch thick) forming 4 circles for wraps on each Paraflexx sheet.

Repeat until all the mixture is distributed.

Place trays in the dehydrator and dehydrate at 115° for 3-4 hours or until firm to the touch.

Flip wraps and remove Paraflexx sheet. Continue to dehydrate wraps at 105° until dehydrated all the way through yet still flexible and pliable – about 5-6 more hours.

Allow to cool all the way through before storing.

Wraps can be stored in the refrigerator in a sealed container for up to one week.

Irish moss & kelp noodles

Many raw food dessert recipes call for Irish Moss Paste. This is a wonderful binder for our desserts and a healthy ingredient too – it's seaweed. Instead of making the paste you can achieve the same texture and binding quality in raw desserts by blending the cleaned and soaked Irish Moss with your other ingredients. Alternatively, Kelp Noodles may be substituted in equivalent measure and in the same way if Irish moss is hard to find. Kelp Noodles are more widely available at the market – ask your grocer to stock them.

To clean Irish Moss or Kelp Noodles: Rinse under running water, pick out any sand or dirt, and remove any dark pieces. Add enough clean water to cover and soak for 2-3 hours – until soft to the touch and expanded – not hard and brittle. Rinse several times before use.