

Natural Healing Express Weekly

Column 253 More Living Wholly Recipes

I have been asked to do a few back to school Living Wholly recipes. Here's a great one!

Santa Cruz Solar Tacos

Start with a Cashew Puree mix = Ingredients – 1 cup of cashews, 1 cup of sunflower seeds, 8 oz fresh salsa, corn tortillas, diced ripe tomatoes, diced avocado, sunflower seed sprouts, diced red onion

1. Place cashews and sunflower seeds and processor. Grind to a fine meal.
2. Slowly add salsa until the consistency is moist but stiff enough to spread as a pate.
3. Hold tortilla in your hand taco style and fill with pate mix. Top and tomatoes, avocado and sprouts. Eat on spot or wrap up and send this off with kids for school lunches.
4. Makes 4-6 servings

Cool Cucumber Salad

Ingredients = 1 English cucumber, 1/3 brown rice vinegar, 1 tsp honey or agave, ½ red onion diced

1. Dice or slice cucumber however you like. Leave on skin for extra nutrients.
2. Combine rest of ingredients, toss cucumbers and serve on the side with wraps.
3. Makes 2 to 4 servings

It's A Wrap

Ingredients = 6 sundried tomatoes, 2 large fresh tomatoes, 1 clove of garlic, 1-2 figs, 1 cup of spinach leaves, 1 avocado diced, 1 cup grated carrots. Wraps – your favorite kind.

1. Soak Sundried tomatoes in warm water for a half an hour, then drain.
2. Place in processor with tomatoes.
3. Add Garlic.
4. Now add figs.
5. Spread the tomato fig sauce in wrap.
6. Fill with fresh spinach leaves, avocados and grated carrots.
7. Makes 4 servings

Other ideas for snacks for kids : Celery with almond butter and raisins, almonds and raisins, pistachio nuts, fruit salad, fruit roll ups (homemade) , assorted dried fruits, macadamia nuts, carrot raisin salad, avocado sandwiches, almond butter and banana sandwich, pasta salad, kiwis, grapes, orange slices, rice cakes with hummus or almond butter.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: skscham@aol.com 204 W Main St, Lena, IL 61048.

Website: www.naturalhealingexpress.com Facebook: Natural Healing Express