



## Garden Spinach Veggie Wraps

- 1 6 ct. package Mission Garden Spinach Wraps
- 1 8 oz. package hummus
- 1 avocado, sliced thin
- 3-4 Persian cucumbers, sliced thin
- 1 4.2 oz. Organic Girl Super Greens
- 3 carrots, shredded
- 2 tomatoes, seeds removed and chopped
- oil and vinegar-based salad dressing
- Freshly ground sea salt and black pepper to taste

Lay the tortilla on a cutting board and spread 3 tablespoons of hummus evenly over the surface all the way to the edges. With the tortilla in front of you, leave the first three inches free with just the hummus, add a 3 inch wide layer of the sliced cucumbers across the tortilla leaving one inch around the edges free with just hummus. Layer 1/4 an avocado sliced thin on top of the cucumbers, season with freshly ground sea salt and black pepper.



Top the cucumbers and avocado with a hand full of organic greens, then top the greens with a layer of shredded carrots and chopped tomatoes. Cover the carrot filling with another layer of greens then fold the edge nearest you over the filling. Squeeze gently as you roll, begin tucking in the left and right edges with your first fold and continue rolling until the edges are sealed. Place the wrap seam side down on a cutting board. Using a serrated edge knife cut it in half at an angle and serve with a side of dressing. Makes six wraps.



## Mock Tuna Salad

1 15 oz. can garbanzo beans, drained  
3 celery stalks, diced finely  
¼ red onion, diced finely  
1/3 red bell pepper, diced finely  
¼ bunch parsley, chopped  
¼ bunch dill, chopped  
1 tablespoon sesame tahini  
teaspoons Tahini  
1 clove garlic, minced  
Juice of two lemons  
Sea salt and black pepper to taste  
6-8 collard leaves

Mash the drained garbanzos in a medium mixing bowl, add the chopped veggies and stir to combine.

Combine the tahini, garlic, and lemon juice in a liquid measuring cup, mix well and pour over the mashed garbanzo beans.

Remove the stalk from each leaf of collard greens. Layer the leaves where the stalk was removed. Place a scoop of the tuna mixture on each leaf. Roll up folding in the sides as you go. Place it seam side down and serve.

## Meringue Cookies

$\frac{3}{4}$  cup aquafaba (liquid from one 15 oz. can garbanzo beans, well chilled)  
1 teaspoon cream of tartar  
 $\frac{3}{4}$  cup organic powdered sugar  
 $\frac{1}{2}$  teaspoon vanilla or extract

Chill a can of garbanzo beans for 6-8 hours or overnight and place a medium mixing bowl in the freezer for 20-30 minutes before using.



Preheat the oven to 225 degrees.

Drain the garbanzo liquid into the chilled mixing bowl. Use an electric mixer and begin beating the aquafaba, sprinkle in the cream of tartar and increase the speed to high until stiff peaks form. Gradually add the sugar and sprinkle in the vanilla extract. Beat until stiff peaks form.

Line a baking sheet with parchment paper. Use a pastry bag and large decorator tip to make cookies or use a spoon and create small mounds evenly spaced.

Transfer the baking sheet to the preheated oven and bake for 50-60 minutes or until the cookies are firm, dry and peel off the parchment around the edges. Transfer to a cooling rack and allow them to cool completely. Store in an airtight container.