



Raw Vegetable Burritos

Vegetable “tortillas”

4 large leaves collard greens, washed and spun dry
1 lemon, juiced
¼ tsp Celtic sea salt

- Mix lemon juice and sea salt together in a bowl.
- Massage greens with the lemon juice and salt mixture
- Stack the leaves flat in a glass dish and cover.
- Allow to sit for 2 hours or overnight in the refrigerator to soften.

Raw “Re-fried” Beans

1 cup sunflower seeds soaked 4-6 hours, drained and rinsed
¼ cup sun dried tomatoes soaked in warm water for 1/2 hour or until soft
1 Tb fresh ground flax seed
2 tsp chili powder
1/2 tsp onion powder
2 tsp cumin
1 tsp smoked paprika
¼ tsp cayenne (optional)
1 small garlic clove minced
4 Tb lime juice (2 limes)
½ plum tomato chopped about ¼ cup
¼-½ tsp Celtic sea salt

- Pulse the sunflower seeds a food processor several times.
- Add the remaining ingredients except the tomato and lime juice. Pulse again.
- Slowly add the lime juice to the mixture until it has a consistency that resembles refried beans - almost smooth, but with some texture.
- Add the tomato, pulse to combine.
- Adjust seasoning and add in sea salt to suit your taste.

Putting the "burrito" together

1 plum tomato cut into thin wedges

1 avocado sliced

1 carrot shredded

½ cup sprouts

- Take a marinated collard leaf. Remove the largest part of the middle vein, but be sure to leave enough to keep the leaf whole.
- Using a jar or rolling pin roll the leaf to break down any of the thicker veins.
- Fill with ¼ of the "beans" leaving room on the sides, top and bottom
- Fill with chopped tomatoes, sprouts, shredded carrots.



- Roll up folding in the sides as you go.
- Serve topped with salsa and mango guacamole

Nutritional Information on Sunflower Seeds

- ❖ Apart from being a rich source of Vitamin E, raw sunflower seeds also contain linoleic acid (essential fatty acid), amino acids, and minerals. Amino acids, as we know, are the building blocks of proteins and the minerals contained in raw sunflower seeds include magnesium, potassium and zinc.
- ❖ Sunflower seeds being rich in phytosterols and a good source of dietary fiber, aid in reducing the cholesterol levels in the body.
- ❖ Copper is also required by the body to help carry oxygen to the red blood cells. 25% of the daily requirement of this mineral is easily covered by one ounce of raw sunflower seeds.
- ❖ Sunflower seeds contain vitamin that is essential for cell growth and reproduction. It is known as folate, and it is responsible for the body's cells to manufacture DNA (deoxyribonucleic acid) and RNA (ribonucleic acid).
- ❖ The nutritional value of raw sunflower seeds that is contained in one serving (1/4 cup) includes 11.0 g of fat, 3.0 g of fiber and 6.0 g of protein. These seeds also provide the daily requirement of iron in the body, which comes to about 13%. Apart from containing Vitamin E, Vitamin B-6 is also an important part of sunflower seeds.
- ❖ Sunflower seeds are also a rich source of Zinc, which helps the body recuperate from injuries, and fight infections. About 10% of the daily requirement of this element can be obtained from these seeds